

Common Causes of Anaphylaxis

- Food allergies
 - Peanuts or tree nuts (almond, cashew, walnut etc)
 - Peanut allergy usually coincides with a cashew allergy
 - Nuts are the most common cause of death due to food-related anaphylaxis, accounting for >70% of fatal episodes
 - Cow's milk
 - Egg
 - Wheat
 - Soy
 - Sesame
 - Fish, such as shellfish
- Insect stings
 - Bees
 - Wasps
 - Ticks
 - Ants (such as Jack Jumper)
- Some Medications
 - Penicillin and other Beta-lactam antibiotics
 - Radiocontrast media
 - Anaesthetics
 - Anticonvulsants
 - Cephalosporines (Keflex, Cefzil, Cefitin etc.)
 - Many others also carry a small risk
- Some materials
 - Such as latex gloves, or balloons
- Some herbal remedies can also induce reactions



Where does it happen?

Own home	47%
School/child care	8%
Hospital	4%
Restaurant	4%
Other	7%
Not documented	31%

Anaphylactic food reactions as can be seen from the chart occur most commonly in the family home. A recent Australian survey reported that >90% of these food reactions occur in preschool age children. Although the ratio of incidence is most common in preschoolers, the risk of death is greatest among teenagers. This is thought to be because they have less parental supervision, and can result from poor decision making or forgetfulness such as leaving their EpiPen at home when they have a known hypersensitivity.

It only takes minute amounts of an allergen to cause anaphylaxis, and exposure can occur several ways:

- **Direct contact to the skin**
- **Ingestion**
- **Injection**
- **Inhalation**