

**Mayo Clinic Medical Edge**  
***Be Safe From Anaphylaxis***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	FOR JOHN LINDEEN, THE REACTION CAME ON FAST.
<b>John Lindeen, Patient</b>	"I STARTED TO FEEL A LITTLE DIZZY, IT WAS BECOMING VERY DIFFICULT FOR ME TO BREATHE."
	JOHN'S SEVERE REACTION, CALLED ANAPHYLAXIS, WAS LIKELY TRIGGERED BY PEANUTS. HE'S BEEN ALLERGIC SINCE CHILDHOOD. BUT PAST REACTIONS WERE ALWAYS MILD.
<b>Wyatt Decker, M.D.</b>	"PEOPLE WHO'VE HAD A MILD ALLERGIC REACTION TO A FOOD SUBSTANCE OR AN INSECT STING AT ONE POINT CAN HAVE AN

	<p>ANAPHYLACTIC REACTION UNPREDICTABLY IN THE FUTURE.”</p>
	<p>A REACTION THAT AN INJECTION OF EPINEPHRINE CAN COUNTERACT. MAYO CLINIC DR. WYATT DECKER IS RAISING AWARENESS ABOUT ANAPHYLAXIS THROUGH A CAMPAIGN CALLED “BE SAFE”. THE “S” MEANS SEEK SUPPORT. CALL FOR HELP. “A” STANDS FOR ALLERGEN... TRY TO IDENTIFY WHAT CAUSED YOUR REACTION. “F” IS FOR FOLLOW UP. SEE YOU DOCTOR AFTERWARDS. AND “E” IS FOR EPINEPHRINE. A MEDICATION THAT JOHN CARRIES WITH HIM IN CASE A SEVERE REACTION HAPPENS AGAIN.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
