

New nasal spray treats emergency allergic reactions

15th August 2024



There is good news for people who have allergies. The Food and Drug Administration (FDA) in the USA has approved a nasal spray to treat emergency allergic reactions. The WHO says up to 40 per cent of people worldwide suffer from an allergy. Around

11 per cent of people have a food allergy. Allergies can cause a condition called anaphylaxis. This is life-threatening. Anaphylaxis is caused by allergens like peanuts, dairy products, bee stings, fresh fruit and many other things. People who suffer from anaphylactic shock can have different symptoms. These include dangerously low blood pressure, vomiting or diarrhoea. Some people experience a swollen tongue and / or throat, which can cause trouble breathing and lead to death.

The new nasal spray is called Neffy. It means people no longer need an EpiPen injection. They simply spray the drug up their nose. This is welcome news for people who have a fear of needles. Neffy is the first treatment of anaphylaxis that is not treated by an injection. An FDA spokesperson said: "Anaphylaxis is life-threatening and some people, particularly children, may delay or avoid treatment due to a fear of injections. The availability of [the] nasal spray may reduce barriers to rapid treatment of anaphylaxis." She added: "Neffy provides an important treatment option, and addresses an unmet need." Neffy will initially be available in the USA. It is likely to be rolled out worldwide in the coming years.

Sources: forbes.com / foxbusiness.com / livescience.com

Writing

Everyone should learn how to help someone with anaphylactic shock. Discuss.

Chat

Talk about these words from the article.

good news / allergies / WHO / anaphylaxis / peanuts / dairy products / bee stings / injection / fear / needles / treatment / barriers / worldwide / in the coming years

True / False

- 1) The FDA in the USA approved a throat spray for people with allergies. T / F
- 2) Around 40 per cent have a food allergy. T / F
- 3) Anaphylaxis can be caused by dairy products and fresh fruit. T / F
- 4) One symptom of anaphylaxis is high blood pressure. T / F
- 5) The new nasal spray is an alternative to injections. T / F
- 6) The article says many people are afraid of nasal sprays. T / F
- 7) An FDA spokeswoman said children may avoid injections. T / F
- 8) The nasal spray will be available worldwide in the next few years. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------------|
| 1. approved | a. phobia |
| 2. treat | b. result in |
| 3. worldwide | c. medicate |
| 4. suffer | d. jab |
| 5. lead to | e. quick |
| 6. injection | f. (be) troubled with |
| 7. fear | g. introduced |
| 8. delay | h. rubber-stamped |
| 9. rapid | i. postpone |
| 10. rolled out | j. globally |

Discussion – Student A

- a) What do you think about what you read?
- b) What do you think of injections?
- c) How can we help people with a fear of needles?
- d) Is increased cleanliness increasing the number of people with allergies?
- e) What are you afraid of?
- f) Why can't doctors cure allergies?
- g) What would it be like to be allergic to pets?
- h) What questions would you like to ask an allergy specialist?

Phrase Match

- | | |
|---------------------------------------|------------------------------|
| 1. There is good news for | a. of needles |
| 2. Around 11 per cent of people have | b. like peanuts |
| 3. Anaphylaxis is caused by allergens | c. breathing |
| 4. Some people experience a swollen | d. out worldwide |
| 5. cause trouble | e. a food allergy |
| 6. They simply spray the drug | f. years |
| 7. people who have a fear | g. people who have allergies |
| 8. delay or | h. tongue |
| 9. likely to be rolled | i. up their nose |
| 10. in the coming | j. avoid treatment |

Discussion – Student B

- What do you know about allergies?
- How dangerous are allergies?
- What do you know about hay fever?
- What do you know about anaphylaxis?
- What would you hate to be allergic to?
- Are you allergic to anything?
- How would you treat someone with an allergic reaction?
- What advice do you have for people with allergies?

Spelling

- treat eeegrnmcy allergic reactions
- people worldwide ufsefr from an allergy
- ydrai products
- dangerously low blood rsseupre
- Some people experience a swollen notgue
- which can cause trouble hiaetbrgn
- This is ewoecml news
- people who have a fear of eelsned
- Anaphylaxis is life-ettaergnihn
- avoid treatment due to a fear of ojiseinctn
- Neffy provides an important treatment iotpon
- Neffy will ilaiiytnl be available in the USA

Answers – Synonym Match

1. h	2. c	3. j	4. f	5. b
6. d	7. a	8. i	9. e	10. g

Role Play

Role A – Pollen

You think pollen is the worst allergen. Tell the others three reasons why. Tell them why their allergens aren't as bad. Also, tell the others which is the least worrying of these (and why): chocolate, dust or penicillin.

Role B – Chocolate

You think chocolate is the worst allergen. Tell the others three reasons why. Tell them why their allergens aren't as bad. Also, tell the others which is the least worrying of these (and why): pollen, dust or penicillin.

Role C – Dust

You think dust is the worst allergen. Tell the others three reasons why. Tell them why their allergens aren't as bad. Also, tell the others which is the least worrying of these (and why): chocolate, pollen or penicillin.

Role D – Penicillin

You think penicillin is the worst allergen. Tell the others three reasons why. Tell them why their allergens aren't as bad. Also, tell the others which is the least worrying of these (and why): chocolate, dust or pollen.

Speaking – Worst allergens

Rank these with your partner. Put the worst allergies at the top. Change partners often and share your rankings.

- | | |
|--------------|--------------|
| • Pollen | • Dust |
| • Chocolate | • Penicillin |
| • Bee stings | • Latex |
| • Pets | • Gold |

Answers – True False

1	F	2	F	3	T	4	F	5	T	6	F	7	T	8	T
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Answers to Phrase Match and Spelling are in the text.