



# Living with Peanut Anaphylaxis or other Life Threatening Food Allergies

*Michael Sporer*

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So, you just heard the dreaded news; your child has a Life Threatening Food Allergy (LTFA) and you are wondering just where to begin.

Prepare to be inundated with information and well intentioned advice from every angle. At any point in time parents are faced with too many choices, too many options. In the end there is only one path taken, one road traveled. This is a one way road and if you ever have a moment of self doubt there is only one acceptable answer:

**“I made the best decision that I could with the information available to me at the time.”**

Put this in your toolbox and reach for it often. Decide that you want to learn to make better decisions in the future and stop worrying about what almost happened. LTFA is a profound, terrifying experience, and not just for the parents. Mistakes will be made, accidents happen. Learn, live, keep moving forward. There is no alternative.

Ultimately, as a parent the responsibility to make informed decisions falls with you.

My journey started 49 years ago and back then some things were quite different, some better and some worse. My three children and my wife don't have any food allergies of any sort. I have not been through the journey that you are embarking on as a parent, but I have been on that journey as a child, a teenager, a college student, a different kind of parent, and finally as an adult.

What I write might seem unsympathetic, but trust me, my heart breaks every time I hear about someone's life cut short ...

## **luckiestduck (2015-04-26 15:22:38)**

Thank you for documenting this. Very interesting to read about these episodes from an adult perspective. I am parenting a kid with PN/TN allergies. The stories are painful to read because of the content but your writing style is fresh and engaging. Thank you for sharing.

## **Sarah-w-w (2015-04-01 05:22:41)**

Parents need to hear all of it--good bad and ugly. Otherwise they may not respect the allergy for the health condition it is and the potential for grave circumstances if mismanaged. Thanks for writing.

## **Mom (2015-04-17 07:59:44)**

I am reading and hearing more about this allergy all over the country and probably the world. Unless people like you are an advocate for better transparency, this problem will not change. I think the hand of God was even then in this. You are in the palm of His hand. Introducing Lisa into your life was also in the tapestry of His plan. My how He loves and takes care of you. Big hugs! Mom

**mgs (2015-04-17 09:47:36)**

Hugs back Mom! Love you too!

**Leslie (2015-04-17 14:17:35)**

I feel like you are living in my mind. I'm 37 and PN ANA, soy, peas, and some other legumes. I love reading your posts. I've been allergic my whole life and you have put so many of my feelings into words. Thank you!

**mgs (2015-04-17 16:04:03)**

In the last 6 months I have gone from internalizing to sharing. There is only one reason for this transformation. Before I was told it was hopeless, now I have been given HOPE that my life can change. Hope is empowering.



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#### **Nancy Jackson:**

Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Living with Peanut Anaphylaxis or other Life Threatening Food Allergies, you could enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

#### **Thomas Smith:**

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