

THE WILLIAM STORMS ALLERGY CLINIC

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DON'T DRINK TO THAT

Some people experience an allergic or asthmatic reaction when they drink alcohol. Although the alcohol itself is probably not the cause of the reaction, there are a variety of added ingredients that can cause symptoms.

- For example, gluten can cause allergic reactions. This substance is generally found in distilled beverages made from wheat, rye, and/or barley. Most beer contains gluten.
- Histamines, which are chemicals that can cause allergic reactions and migraines, are found in high levels in red wine.
- Sulfites, which are compounds containing sulfur that are added to some alcoholic drinks, can trigger asthma attacks. A wine label must include the statement "contains sulfites" if the wine's sulfite total is more than 10 parts per million.

If you find that you experience an allergic or asthmatic reaction after imbibing certain alcoholic beverages, simply avoid them.

If you have experienced a serious allergic reaction to certain drinks, it is time to see an allergy specialist. Call **THE WILLIAM STORMS ALLERGY CLINIC** at **719-955-6000** for an appointment. Located at **1625 Medical Center Point, Suite 190**, our office provides personalized attention in a friendly, courteous environment. Our clinic also treats hay fever and allergies to foods, drugs, and insects. We welcome patients of all ages.