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An inspiring 'Greatest Moment'

Hi, my name is Swapnik. My Year 7 class teacher recently asked the class group to write a story about our 'Greatest Moment'. I decided to write about my great food allergy moment! Here is my short story:

Many people believe that their greatest moments may be passing the Selective test or winning a sporting and other competition however, mine is a little more personal. I was only 5 and starting school when I was called up for an allergy test. You see, I was and still am allergic to a great many things (which I won't go into) and had not gotten over any. My most dangerous allergies were peanuts and dairy. This time I was called up for a peanut test as the doctor thought I may have gotten over it.

As I reached the doctor's surgery I was told to sit down and wait. The time eventually came and I was called into a room. In the room the nurses conducted several tests of which I have no memory. However, the actual test was far from done. A small portion of peanut butter was smeared onto my lip and left to see if it would induce any reaction. After approximately 30 minutes I was given a small piece of bread with peanut butter and told to eat it. This process kept going on and on until I was told to eat an entire peanut butter sandwich. This produced no reaction. I was clear and could now eat peanuts freely without any worry of causing an anaphylactic reaction.

It had been five hours since the entire process had started. Even though I was cleared of all doubts, the process was not over. I was kept under observation for another hour to see if any last minute reactions occurred. The wait was finally over and I was clear to go home beyond all doubt. To put it simply, I was ecstatic. The only thing I could think of was going out and eating every peanut related thing that I could eat until I could eat no more. It was the best feeling to be able to walk into a store and pick up peanuts /products off the shelf without hesitating. I could eat peanuts and there was no need for my EpiPen. My peanut allergy was gone. You may think that what is the big deal and why I am so happy but the answer is that I had gotten over the most difficult allergy to get over and the greatest thing was that I was only five.

Getting over my peanut allergy would definitely be one of the greatest moments of my life however I am only 11 years old. So far nothing can compare to this feeling of absolute joy and it is one moment that I will never forget!

Swapnik, NSW A&AA member.

Dear Swapnik,

THANK YOU for sharing your story with us! I know you still have allergies to egg, milk, tree nuts and seafood so to read of your excitement at losing your peanut allergy is really inspiring. You know, sometimes we feel badly done by because we live with food allergy or insect sting allergy, but we really can make the most of what we do have and not make what we cannot have the focus of our lives.



Allergy & Anaphylaxis
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