

# THE WILLIAM STORMS ALLERGY CLINIC And The Cough Center

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[www.stormsallergy.com](http://www.stormsallergy.com)

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## Libation Restriction

Some individuals experience what appear to be allergic reactions after consuming alcoholic beverages. However, in general, the cause of those adverse reactions is not necessarily the alcohol itself, but rather one of the many possible ingredients that can be present in the drink. A wide variety of common ingredients may potentially trigger negative reactions, including wheat, gluten, yeast, hops, barley, rye, grapes, egg, or seafood proteins. Sulfites, the preservatives added to prevent spoilage, may worsen asthma symptoms even to the point of triggering life-threatening anaphylaxis. Hives, sneezing, itching, and wheezing are possible reactions when faced with an allergen-laden alcoholic beverage.

If you suspect that you may be allergic to alcoholic beverages, consult with your allergist. If you have a serious reaction or think your symptoms might be linked to an allergy, see your doctor. Avoid the beverage or beverages that seem to cause your reaction until your doctor's appointment. Please call THE WILLIAM STORMS ALLERGY CLINIC at 719-955-6000 for a consultation or more information. We're located at 1625 Medical Center Point, Suite 190. We are a full service medical clinic providing diagnosis and treatment of nasal allergies, hay fever, asthma, chronic cough, bee allergies, sinusitis, and food allergies. Our experienced staff is dedicated to your individual needs.