

Taking Control—Anaphylaxis and You



A valuable video for any school or parent. *Taking Control* presents a clear explanation of anaphylactic shock—the intense overreaction of the body's immune system to a "trigger"—quite often, a food such as peanuts (and peanut butter), tree nuts, fish, shellfish, etc. Urging teachers and parents to be aware of the symptoms (which can range from tingling to itching and quickly lead to coma and death) so that life-saving plans can be put into action, the video advocates, among other suggestions, the use of epinephrine auto-injectors to give the victim temporary relief until he or she can be transported to a hospital. Featuring leading specialists and education professionals who not only explain the process of anaphylaxis, but also discuss recommended strategies to keep children safe, this excellent program (accompanied by a helpful brochure) is highly recommended and an Editor's Choice. Aud: K, E, I, J, II, C, P.
(S. Fisher)