

# FPIES: SIMPLE WORDS, COMPLEX DIAGNOSIS

in a  
word

## LIFE WITH FOOD PROTEIN INDUCED ENTEROCOLITIS SYNDROME

Food Protein-Induced Enterocolitis Syndrome (F-PIES) is a type of food allergy affecting the gastrointestinal tract. Classic FPIES reactions occur two or more hours after ingesting the “trigger” food and typically involved profuse vomiting, diarrhea, dehydration, and can lead to severe lethargy, change in body temperature and blood pressure.

hope exhausting disheartening misunderstood  
advocate challenging intense no known cause overwhelming  
enlightenment heartbreaking relentless constant enigmatic tough  
tricky determination no known tests manageable  
scary tenuous vigilance hurt  
teaching preparation  
constant educating  
terrifying safe food questions  
elusive change  
ruthless fearful  
strength unrecognized isolating  
unrecognized messy  
stressful reaction  
annoying emotional adapting all-consuming  
surreal cautious persevere shock unknowns  
sad unknown discovery frustrating painful mindboggling  
complex unexpected trigger food no known cure  
forethoughtful trial and error

Food Protein Induced Enterocolitis Syndrome

### A Rare Diagnosis:

- \* Not well known, even in the medical community
- \* No cure for FPIES.
- \* No diagnostic tests

### A Different Type Of Food Allergy:

- \* Symptoms of a reaction may occur hours after an exposure.
- \* Although there are more ‘common triggers’, any food can cause a reaction.
- \* Emergent medical attention is needed for severe reactions.

### How Can I Impact Awareness? How Can I Help A Family Today?

- \* Share this poster today
- \* Share a family story
- \* Create an awareness event

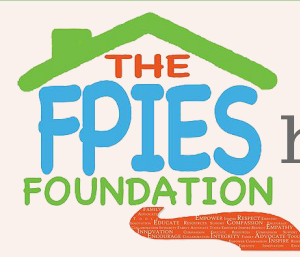
- \* Host food free festivities
- \* Help our children stay S.A.F.E
- \* Advocate- we are not alone!



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<http://fpiesfoundation.org/>

# DO YOU HAVE YOUR CHILD'S

FPIES

## MANAGEMENT PLAN SET UP?

It's as easy as:

1



Green Zone: Things are going well!

2



Yellow Zone: Warning!

3

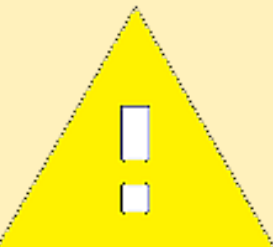


Red Zone: Seek Medical Attention!

GREEN ZONE:



YELLOW ZONE:



RED ZONE:



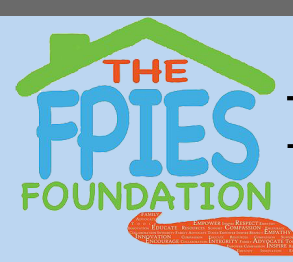
MEET WITH YOUR CHILD'S MEDICAL TEAM TO COME UP WITH AN APPROVED FPIES MANAGEMENT PLAN. THIS CAN HELP GIVE YOU PEACE OF MIND, AND A PLAN DURING AN EMERGENCY.



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