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ALLERGIC COLLEGE STUDENT SAVES HER LIFE

A sophomore Communications major from California State University, Long Beach saved herself from an allergic reaction to nuts Wednesday, October 21.

Hanah Thomas, 19, accidentally swallowed a nut-filled cookie in her Seal Beach apartment, but managed to stab herself with an EpiPen, thus saving her life.

An epinephrine autoinjector (or EpiPen) is a medical device used to deliver a measured dose of epinephrine (commonly known as adrenalin) using autoinjector technology, most frequently for the treatment of acute allergic reactions to avoid or treat the onset of anaphylactic shock.

According to Thomas, the evening’s events were described this way:

It was around 6:00 p.m. when a boy had baked her roommate cookies. “Everyone was eating them and raving of how delicious they were, so I popped one in my mouth and right after I swallowed it, I knew there were nuts in it,” said Thomas.

Though the cookie was small, Thomas is severely allergic to all kinds of nuts. Right after she swallowed it, her throat became very tight and itchy.

She ran to her medicine cabinet and popped two Benadryls into her mouth. However, she did not get any better, but rather only got worse. “I felt the cookie sitting in my stomach and was in agony for two hours,” said Thomas. “My insides hurt and I felt the cookie coming up.”

Thomas vomited after two long hours. It was “really gross.” The cookie got stuck in her cavities. Furthermore, her ear canals and nose had an allergic reaction by swelling and causing her to be unable to hear and breathe. Even her eyes were puffy and swelled up.

Thomas’ roommates had left her, thinking she was sleeping. Having to rely on herself, she crawled over to her backpack where her EpiPen was, unscrewed the cap, and jammed it into her right thigh, holding it there.

It took another half an hour to ease the reaction. “Magically, I lived…I’m fine now,” said Thomas. “Hopefully it won’t happen again, because I’m out of EpiPens.”

**End**