

## Our Vision

To see patients with **Food Protein Induced Enterocolitis Syndrome** accurately diagnosed as early as possible.

For all persons affected by **Food Protein Induced Enterocolitis Syndrome** to receive the medical and emotional support they need.

## Our Mission

- To raise awareness of **FPIES** within the UK.
- To provide up to date information to the public, affected families and the medical community.
- To provide practical and emotional support to families affected by **FPIES**.
- To provide a sense of belonging and inclusion to children with **FPIES**.

## Our values

**Caring:** As a parent run charity we genuinely care for those who travel each day in our shoes.

**Compassion:** We offer the compassion that is often missing due to a lack of understanding.

**Excellence:** Working with our world renowned medical advisory board, we are passionate about providing accurate, useable information.

## Our Medical Board

### Dr George Du Toit (Chair)

Dr Rosan Meyer (*Dietitian*)

Dr Carina Venter (*Dietitian*)

Dr Neil Shah (*Gastroenterology*)

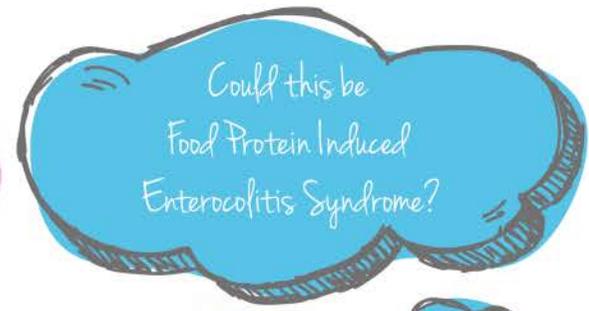
Dr Adam Fox (*Allergy*)

Dr Gary Stiefel (*Allergy*)

Dr Scott Hackett (*Allergy*)

Dr Audrey Dunn Galvin (*Psychology*)

Dr Louise Michaelis (*Allergy and Immunology*)



## Checklist...

- Young infant or child
- Severe vomiting
- Pale and lethargic
- 1-6 hours after food or formula
- Previous episode associated with same food
- No rash or swelling

## Conclusion...

The delayed food allergy, **FPIES** should be considered.



## Ways to get involved and help

In order to continue providing vital services to families and raising awareness, we **need your help** and support.

### HELP FUNDRAISE

Please visit [justgiving.com/fpies](http://justgiving.com/fpies) for more information on how to fundraise for **FPIES UK**

### DONATE NOW

Text **FPUK15 £3** to 70070 to donate £3 to **FPIES UK**



## Contact us

enquiries@[fpiesuk.org](http://fpiesuk.org)

Heath Farm, Chester Road,  
Backford, Chester, Cheshire CH1 6PE

**(07340) 028877**

## Website

For more information about **FPIES** plus advice and stories from affected families please visit our website:

[www.fpiesuk.org](http://www.fpiesuk.org)

## Social

 @FPIESuk

 search for FPIES UK

Food Protein Induced Enterocolitis Syndrome (FPIES)

the delayed food allergy awareness charity

[www.fpiesuk.org](http://www.fpiesuk.org)

# What is FPIES?

- **FPIES** (pronounced F-pies, like apple pies) stands for Food Protein Induced Enterocolitis Syndrome.
- **FPIES** is the most severe form of delayed food allergy.
- **FPIES** is thought to affect as many as 1 in 300 children.
- 1 to 6 hours after eating a problem food, babies and children with **FPIES** become very unwell, vomit many times, become lethargic and may go into shock.
- Common foods that cause **FPIES** are Milk, Soya, Rice, Oats, Chicken, Fish, Sweet potato, Beans & Peas.
- But ANY food can cause a reaction. Even a trace amount of food is enough to make a child with **FPIES** sick.
- There are no tests available for **FPIES**, and no way for parents to know which foods will cause a life threatening reaction.
- The only way to know if a food is safe is to feed it to the child and then wait, this is true for every single food an **FPIES** child tries and is extremely stressful for parents.
- The majority of doctors in the UK have never heard of **FPIES**.

# Who we are...

In September 2013 the Facebook group **FPIES UK** was founded. The aim of the group was to offer much needed support to UK families dealing with **FPIES**.

It quickly became clear that there was very little UK based information available for parents. Misdiagnosis was common and delays in diagnosis were unacceptably high.

## A change was needed.



Our trustees, Louise Littler, Odette Wilcox, Tory Wenyon and Rachel Murrell, got together and formed the charity **FPIES UK**. **FPIES UK** became a registered charity in December 2014.



# What we do...

Our **website** provides information & advice to parents, carers and health professionals looking for the latest **FPIES** management guidance.

Our Facebook group provides a safe place for parents to share their thoughts, feelings and ideas.

We regularly attend key events and conferences in order to inform and educate doctors, nurses and dietitians.

## We care, we help

Receiving a diagnosis of **FPIES** is often a relief for parents who have been desperately searching for answers. This relief however is often accompanied by an overwhelming sense of confusion and apprehension, a fear of the unknown and what will happen next. **FPIES UK** are here to offer emotional support and practical guidance to all families affected by **FPIES** and delayed food allergies.

## You are not alone

Come and join hundreds of families on our friendly Facebook group where you can share your experiences and receive the help and support you need. Simply search **FPIES UK** on Facebook and send a request to join the group.