

PATIENT INFORMATION SHEET

ORAL ALLERGY SYNDROME

WHAT IS ORAL ALLERGY SYNDROME (OAS)?

- OAS is a type of food allergy with symptoms that occur in the mouth only. It is due to reactions to certain foods, usually fresh fruits, nuts and vegetables.
- OAS typically develops in adults who already have seasonal allergic rhinitis (hayfever).
- OAS is common, occurring in 60-70% of birch allergic patients. It occurs because patients with hayfever have antibodies against pollen.
- These antibodies may cross-react with proteins found in certain foods if they look similar to the pollen proteins.
- *OAS can occur at any time but is most prevalent during the pollen season*
- **Birch allergic patients typically react to apple, cherry, celery, peach, pear, carrot or apricot.**
- **Rye grass allergic patients may react to melon, peanut, tomato or watermelon.**
- **Ragweed allergic patients react to melon, zucchini or banana.**

SYMPTOMS

- Itch and/or swelling of mouth and throat that starts within minutes or seconds of ingesting the food.
- Rarely, may progress to systemic more severe symptoms.

DIAGNOSIS

- Typical history.
- Oral food challenge.
- Skin prick tests are positive to the pollen, but usually not to the food.
- Skin prick tests with the fresh food may be positive.

MANAGEMENT

- Treat allergic rhinitis.
- Avoid implicated food (may be able to tolerate the food if it is cooked or peeled).
- Acute symptoms – spit out food, rinse mouth with water, oral antihistamine.
- Long term –pollen immunotherapy may help the allergic rhinitis but not necessarily the food-related symptoms.

LATEX-FRUIT ALLERGY SYNDROME

Latex allergic patients may react to kiwi, banana, avocado, chestnut and papaya.

For more information visit: en.wikipedia.org/wiki/oral_allergy_syndrome

