

Oral allergy syndrome - problem „laryngologiczny“?

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Summary

History of oral allergy syndrome goes back to 1987 year, when Amlot for the first time used this name for pollen-food cross-reactive reactions. Since that time many kinds of various reactions between pollens and different food had been described. It seems that after almost 20 years the knowledge about this highly prevalent phenomenon is still incomplete and not well known among specialist other than allergologists. We try to reach consensus on several aspects of this food-induced syndrome, which may be helpful in laryngological practice. It is very important especially for more severe immediate reactions which can occurred, like pharynx and larynx swelling with asphyxia, or anaphylaxis. Today OAS diagnosis is based on the patient's history and RAST. Most of patients gave a history of oral symptoms like oral irritation, throat tightness, lips, oral and throat swelling, oral mucosal blebs. This local symptoms quickly disappear and are not particularly serious but they may proceed to urticaria, asthma, abdominal pain and anaphylaxis. Treatment of OAS include; food avoidance, drugs and specific immunotherapy. Patients with pollen allergy should be informed about the possibility of hypersensitivity to certain fruits and vegetables.