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ORAL ALLERGY SYNDROME

Oral Allergy Syndrome is a condition in which various foods cause symptoms that are generally confined to the mouth and throat. These symptoms include itching and swelling of the lips, tongue, palate and throat. The symptoms typically appear quickly after exposure to various fresh fruits and vegetables (but not cooked foods) and symptoms generally subside quickly.

These symptoms are typically seen in people who have seasonal allergies to pollens. Various families of foods are recognized. These are listed below.

<u>Allergen</u>	<u>Related Foods Causing Symptoms</u>
Ragweed Pollen	Melon and banana
Mugwort Pollen	Celery, carrot, potato, hazelnut, apple, peanut, and kiwi fruit
Birch Tree Pollen	Apple, carrot, celery, hazelnut, brazilnut, pecan, walnut, kiwi, pear, tomato, and potato
Timothy (Grass)	Tomato
Prunoidea (Tree)	Peach, apricot, cherry, plum, nectarine, almond
Latex Rubber	Banana, kiwi, avocado, and chestnut

Fresh (but not cooked) fruits and vegetables causing oral allergy syndrome:

- ❖ apple, pear, citrus
- ❖ peach, cherry, apricot, plum
- ❖ carrot, broccoli, tomato, celery

There are several ways to treat oral allergy syndrome. One way is to avoid exposure to the fresh fruits or vegetables. Alternatively, the fresh fruits or vegetables can be microwaved for 30-60 seconds to destroy the allergy-causing proteins. This generally does not alter the texture of the food but will take away the unpleasant side effects. Finally, treatment of the primary pollen allergy with allergy shots (immunotherapy) has also been successful in removing the allergy to the corresponding foods.