

ORAL ALLERGY SYNDROME (OAS)

Oral allergy syndrome, also known as pollen-food syndrome, is caused by cross-reacting allergens found in both pollen and raw fruits, vegetables, or some tree nuts. Oral allergy syndrome typically does not appear in young children; the onset is more common in older children, teens, and young adults who have been eating the fruits or vegetables in question for years without any problems.

Symptoms of oral allergy syndrome include itchy or burning mouth, scratchy throat, or swelling of the lips, mouth, tongue, and throat. Itchy ears are sometimes reported. The symptoms are usually confined to one area and do not normally progress beyond the mouth. Symptoms usually appear immediately after eating raw fruits or vegetables, although the reaction can occur more than an hour later. These allergic reactions usually occur only when the food is raw. People who are allergic to the raw food can eat it cooked, canned, microwaved, processed or baked. The allergic reaction to these foods can occur anytime of the year when eating the foods but can be worse during the pollen season and especially if hay fever is very troublesome that year.



Allergy skin tests to these foods may sometimes be negative unless a fresh fruit/vegetable is used for the test (instead of a commercial allergy extract).

If you have allergies to the below types of pollen, you might also expect allergies to the related foods below

Food Most Commonly Associated With Birch, Ragweed, Grass And Mugwort Pollens

Allergies to this type of Pollen	May also trigger an allergic reaction to these foods
Birch	Fruits: apple, apricot, cherry, kiwi, nectarine, peach, pear, plum, prune Vegetables: anise, beans, caraway, carrot, celery, coriander, cumin, dill, fennel, green pepper, lentils, parsley, parsnips, peanut, peas, potato, tomato Nuts: almond, hazelnut, walnut Seeds: sunflower
Grass	Fruits: kiwi, melon, orange, tomato, watermelon
Mugwort	Fruits: apple, melon, watermelon Vegetables: carrot, celery
Ragweed	Fruits: banana, cantaloupe, honeydew, watermelon Vegetables: cucumber, zucchini



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ALLERGIC RHINITIS



Allergic rhinitis is inflammation of the nasal linings that result from an IgE-mediated response (allergy). Approximately 10% to 15% of the population suffers from this condition. Patients have itching (in the nose, eyes, or mouth), sneezing, runny nose, nasal congestion and sinus obstruction. Sinus obstruction may cause frontal headaches; sinusitis is a frequent complication. Coughing and wheezing may also occur, especially if asthma is also present.

Seasonal allergic rhinitis, commonly known as hay fever, is triggered by outdoor allergens such as pollen and mold spores. Some people have symptoms year-round due to indoor allergens from pets, mold, dust mites and cockroach residue. This is called perennial allergic rhinitis. You can suffer from either seasonal or perennial allergic rhinitis, or a combination of both.

Diagnosis is usually based on the history and may include skin tests. Treatment generally involves removal or avoidance of allergens (if possible), the use of oral antihistamines, decongestants, nasal corticosteroid sprays, or a combination, and sometimes immunotherapy (allergy shots) may be suggested.

For more information visit:

Allergy/Asthma Information Association
www.aaia.ca

Allergy Asthma and Immunology Society of Ontario
<http://allergyasthma.on.ca/patient/>

American College of Allergy Asthma & Immunology
<http://www.acaai.org/allergies>