Wheat Anaphylaxis in Thailand

Tassalapa Daengsuwan, Nualanong Visitsunthorn, Pakit Vichyanond
Siriraj Hospital, Mahidol University, Bangkok, Thailand

Although allergy to wheat is not an uncommon condition, anaphylaxis from wheat consumption is rarely observed. Wheat is not a common food consumed in Thailand. Nonetheless, wheat anaphylaxis has been increasing observed at our institution over the past ten years. We, herein, report 8 cases of wheat-induced anaphylaxis from Thailand. Seven children (3 girls and 4 boys, age range 2-14 years, mean 9 years) presented with wheat-induced anaphylaxis. Their symptoms occurred at various ages, ranging from 7 months to 14 years old. Type of wheat containing foods causing anaphylaxis were cakes, bread, Kentucky fried chicken, pizza, crisp, Doughnut, noodle. Amount of wheat inducing symptoms ranged from a bite of cake to two roles of noodle. Symptoms were combination of angioedema of mouth and eyelids, urticaria and with or without hypotension in six patients. Gastrointestinal symptoms together with skin manifestation (angioedema of mouth and eyelids) were presented in one case. Most symptoms occurred within 30 minutes after the ingestion. Our last patient was a 40 year-old male who presented with wheat-dependent exercise-induced anaphylaxis (after ingestion of bread). Wheat was the only allergen sensitized in 4 patients whereas the other four patients were sensitized to other allergen as well. Treatment included avoidance and prescription of injectable adrenaline for emergency situation. No fatality was observed during the follow-up period. Anaphylaxis from ingestion of wheat has become one of the most common causes of anaphylaxis in Thailand. Systematic study of anaphylaxis including epidemiology and basic research will need to be elucidated in Thailand.

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