Wheat-dependent, exercise-induced anaphylaxis: A report of 5 cases among Thai children

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**Background:** Wheat is not an uncommon cause of food-dependent, exercise-induced anaphylaxis. The aim of this study was to describe common clinical characteristics, laboratory manifestations and natural history of the disease.

**Methods:** Children with history of wheat-dependent, exercise-induced anaphylaxis were identified. Skin prick test and specific IgE for wheat were done. A three-day challenge program including open challenge for wheat, exercise and exercise challenge test after a meal containing wheat was performed.

**Results:** Five children, aged 5-14 years (mean: 8 + 3.74 years) were evaluated. Atopic history was found in 40% of patients. All patients had symptoms involved skin and respiratory systems and two had hypotension. Sera specific IgE for wheat were determined in 3 patients among which two were positive. Three patients completed the three-day protocol. Anaphylaxis occurred in 2 out of 3 patients with the amount of wheat consumed prior to exercise being more than 100 grams.

**Conclusion:** Wheat-dependent, exercise-induced anaphylaxis is more common in male. Skin and respiratory symptoms are major manifestations. A three-day wheat challenge protocol is a definitive diagnostic tool. However, the amount of wheat required for challenging should be high.

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http://journals.lww.com/waojournal/Fulltext/2007/11000/Wheat_dependent_exercise_induced_anaphylaxis_A.570.aspx#P9