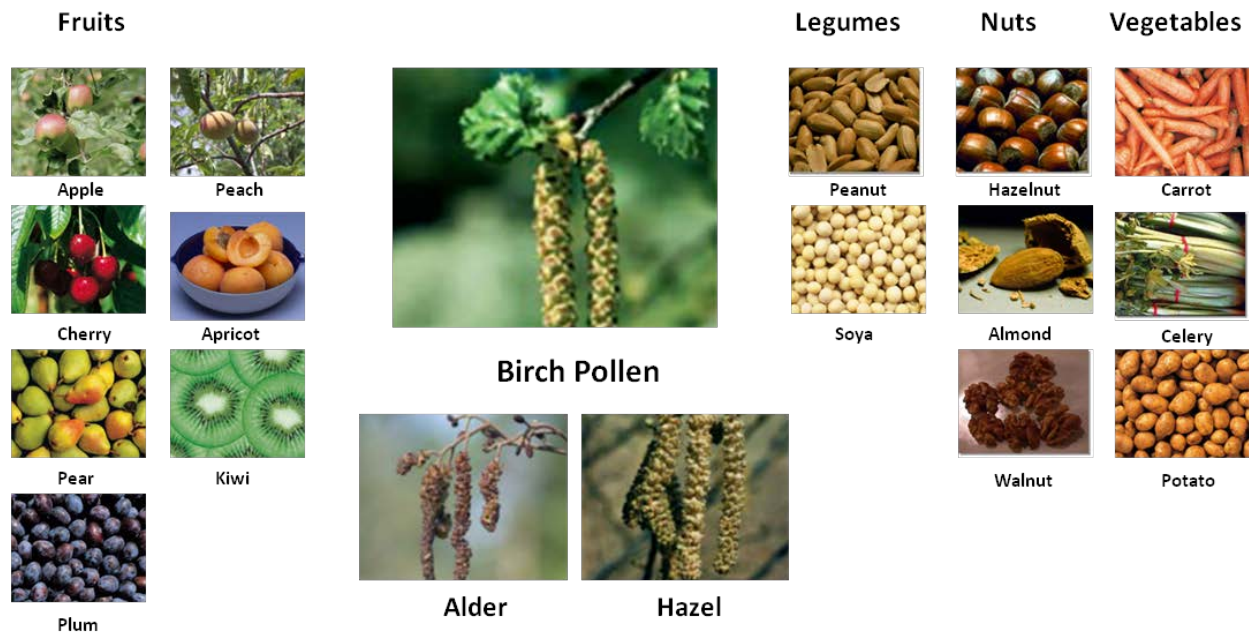


Patient Information leaflet – Oral Allergy Syndrome

The Oral Allergy Syndrome (OAS) is an allergic condition where an individual develops a range of allergic reaction to distinct foods. These reactions typically include lip tingling, oral itch and discomfort immediately after the ingestion of certain fruit, vegetables and occasionally nuts. These reactions are typically short lived and rarely extend to systemic allergic reactions.

This syndrome is now recognised as a form of Food allergy where the individual begins with a Tree Pollen allergy that extends to include Tree fruit and Tree nuts. The commonest Tree pollen in the UK is the Sliver Birch tree, with Alder and Hazel trees also belonging to his tree family. These trees typically pollinate in the Spring when individuals may develop rhinitic symptoms of ‘sneeze, itch and sniff’. Some of these patients may then develop a cross reaction between the targets their immune system ‘sees’ in the tree pollen and similar conserved proteins in other tree species. These associated foods are members of the Rosacea tree fruit family and include apples, pears, peaches and plums (See picture). These cross reactions may extend tree nuts and further still to certain vegetables and legumes.



OAS can typically be managed by selective food avoidance and awareness that cooked/processed food may be tolerated. If a reaction is experienced the food should be removed and the mouth rinsed with water. An antihistamine should be taken and typically symptoms settle within 30-60 minutes.

Consultants:

Professor Hasan Arshad (HA)
Dr Efreem Eren (EE)
Dr Peter Howarth (PH)
Dr Ramesh Kurukulaaratchy (RK)
Dr Anthony Williams (AW)

Specialist Nurses:

Claire Duffus
Gillian Potter

Secretaries:

Suzanne Game (EE, PH, AW)
Tel 02380 794001
Marion Barry (HA, RK)
Tel 02380 796480
Departmental Fax 02380 794626