

IMMUNOLOGY

FOOD DEPENDENT EXERCISE INDUCED ANAPHYLAXIS

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Abstract: Food dependent exercise induced anaphylaxis is an uncommon condition in childhood and occurs during exercise, preceded by ingestion of culprit food, which used to be independently tolerated. Wheat gluten is the commonest food responsible for food dependent exercise induced anaphylaxis. Diagnosis is mainly by evaluation of clinical history. As allergy tests do not give accurate results, modified exercise challenge tests are needed. Accurate diagnosis definitely helps the patient to return to exercise with confidence. Patient should avoid exercise for 4-6 hours after consuming the offending food but can take other foods without any restriction. Parents should be educated about the importance of carrying epinephrine for emergency.

Keywords: Food dependent exercise induced anaphylaxis, Cofactors, Challenge test, Wheat dependent.

Points to Remember

- *FDEIA is a special type of food allergy, where symptoms are triggered by consumption of causative food combined with exercise.*
- *Pathophysiological mechanism of FDEIA is not fully understood.*
- *Exercise tolerance test combining aspirin along with suspected food allergen can establish the diagnosis and can exclude other causes.*
- *Omega 5 gliadin is the preferred marker for diagnosing wheat dependent exercise induced anaphylaxis.*
- *Children with FDEIA should avoid eating the causative food 4 hours before any exercise/exertion.*

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