

Oral Allergy Syndrome (OAS)

Example: Patient is allergic to birch, grass, mugwort, or ragweed pollens which contain a protein found in many plants therefore cross reacting with a variety of fruits and nuts, yet they are not actually allergic to fruits or nuts themselves.

Cross-reactivity:

Pollen	Cross-reacting Foods	
Birch	Almonds	Kiwi
	Apple	Parsley
	Apricots	Parsnip
	Carrots	Peach
	Celery	Pear
	Cherry	Plum
	Fennel	Potato
	Hazelnut	Walnut
Grass	Celery	Potato
	Buckwheat	Melon
Mugwort	Broccoli	Cabbage
	Caraway	Coriander
	Cauliflower	
Ragweed	Banana	Honeydew
	Cantaloupe	Watermelon
	Cucumber	Zucchini

Symptoms (to fresh fruits and nuts):

- Tingling / itchy mouth, lips, throat
- Possible throat tightening, lip swelling, itchy ears
- Does not usually progress to anaphylaxis

Diagnosis:

- Mainly by clinical history
- Skin testing to commercial extracts usually negative, but skin test positive on fresh food testing
- Skin test positive to cross-reacting pollen (birch, grass, ragweed)

Treatment:

- Avoid fresh fruits or nuts unless cooked or processed
- Usually does not require EpiPen unless has symptoms of throat closing or other systemic symptoms, or has positive skin test to commercial extracts

