



IgE-Mediated Adult-Onset Food Allergy Treated in a Winnipeg Allergy Clinic

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DESCRIPTION

The term food allergy is a colloquial word used to describe a variety of immunologic reactions that are harmful after eating. When Immunoglobulin E (IgE)-mediated aetiology is shown to be the underlying cause, the phrase "IgE-mediated food allergy" provides a far more precise and accurate explanation. With symptoms like urticaria, angioedema (cutaneous and mucocutaneous), Pollen-Food Syndrome (PFS), rhinitis, anaphylaxis, and food-dependent exercise-induced anaphylaxis, IgE-mediated food allergies are distinguished by their rapid onset after repeated exposure to an allergen following a process of sensitization. A food consumed orally may cause sensitization, as can an aeroallergen that reacts with another allergy. It is well known that IgE-mediated food allergies have become more widespread over the past few decades, particularly in industrialised nations.

There are four different types of IgE-mediated food allergies: delayed anaphylaxis, typical anaphylactic type reactions, and Oral Allergy Syndrome (OAS). It is generally accepted that while many allergic reactions fade with age, some reactions to specific allergenic foods (most frequently peanuts, tree nuts, and seafood) may last into adulthood. It is crucial to increase this understanding as it relates to the adult population because food allergies dramatically increase dietary restrictions and lower quality of life. In addition to these consequences, anaphylaxis, a systemic and fatal illness process that can result in hemodynamic collapse and death, is an obviously important subset of IgE-mediated reactions for which there is currently little evidence in our local adult population. In fact, in 2008 it was suggested that an even more inclusive term-food contact hypersensitivity syndrome-be used to capture the same processes in order to include latex-fruit syndrome, which is thought to be on the PFS spectrum. All of these reactions are IgE-mediated processes, which make up a large portion of the population of adults with IgE-mediated allergies.

Another important area is Food-Dependent Exercise-Induced Anaphylaxis (FDEIA), which is characterised by a type I hypersensitivity reaction in which symptoms are not brought on by activity or food consumption alone but rather by a combination of these triggers. Wheat is the most frequent cause of FDEIA, however several other foods have also been found to be responsible. FDEIA differs from cholinergic urticaria while having a pathogenesis that is relatively similar to it. In addition to exercise, it is thought that exhaustion, the cold, and lack of sleep all have an impact on the emergence of FDEIA symptoms.

It has always been challenging to accurately track the epidemiology of allergy and atopic illness in the adult population. In light of the fact that the majority of recent evidence focuses on the juvenile population, this is especially problematic in regards to adult-onset IgE-mediated food allergy. It is debatable whether this phenomena results from low referral bias toward less severe allergy disease or from a lack of focus on tracking allergic disease because many reactions are thought to be innocuous. We examine one such study that sought to address this in order to describe the gaps that present. In this survey-based cross-sectional study of food allergy at Imam Abdulrahman Bin Faisal University (IAU), 5497 students were asked about their dietary habits, including if they had any allergies and, if so, when they first developed them. This showed that, of the 526 kids who had a positive screening history for food allergies, 174 students had clinically confirmed food allergies. Of these, 51.7% had developed before the age of 14, with teenage (29.1%) and adult development (19.2%) being less prevalent. This accurately summarises the relatively high percentage of patients who experience food allergies as adults, however, like many other research, it omits key information about adult-onset allergies, such as the reaction and the offending food.

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