

Pollen-food allergy syndrome



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Concomitant pollen and fruit sensitization in patients with asthma impacts on growth and lung function¹

73%

Concomitant food allergy is highly prevalent in asthma, affecting **up to 73% of patients** and increasing the risk of severe exacerbations.^{1,2}

30-60%

of patients with food allergies are associated with pollen allergy, defined as pollen-food allergy syndrome.¹ Although patients with pollen-food allergy syndrome present with mild and limited ENT symptoms, **3% of cases present** with systemic symptoms.³

A recent study of children and adolescents with asthma in Spain, of 121 patients with food allergy, showed that 96% were pollen sensitized and 74 (64%) patients were also allergic to fruits – a common crossover with pollen.³

The WAO — ARIA — GA²LEN consensus document on Precision Allergy Molecular Diagnosis Application (PAMD@) recommends the utilization of molecular allergen testing to aid in the management of patients with pollen-food, and inhalant-food syndromes.⁴

1. Esteban-Gorgojo, et al. *Allergol Immunopathol (Madr)*. 2021; 49(1): 68-78. 2. Krogulska A, et al. *Allergy Asthma Immunol Res*. 2015; 7(6): 547-556. 3. Poncet P, Senechal H and Charpin D. *Expert Review of Clinical Immunology*. 2020; 16:6, 561-578.

4. Ansotegui J, et al. A WAO – ARIA – GA²LEN Consensus Document on Molecular-based Allergy Diagnosis (PAMD@): Update 2020. *World Allergy Organization Journal*. 2020; 13: 100091.