
FOOD ANAPHYLAXIS: ANALYSIS OF PROTOCOL STANDARDS, LITERARY DATA AND OWN CLINICAL EXPERIENCE

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Abstract

The article presents current data on the causes of occurrence, peculiarities of the course, principles of diagnosis and treatment of anaphylaxis in children. A literary review has been carried out and modern protocol standards regarding the tactics of managing patients with anaphylaxis, assessing the severity of clinical responses, and providing medical care at various stages were analyzed. It could be noted that the main triggers in the development of anaphylaxis are foods, medicines, deceptive insects and latex.

One of the most important aspects that should be taken in consideration while studying the processes of food allergy and anaphylaxis is the influence of additional factors – cofactors. Frequent causes of allergic reactions initiation are physical activity, alcohol, medicines (nonsteroidal anti-inflammatory drugs, angiotensin-converting enzyme inhibitors, β -blockers), concomitant infectious diseases, psychogenic stress, and hormonal peculiarities of the organism.

The presented clinical case reflects the diagnostic search of the cause of the development of 5 episodes of anaphylaxis in a 16-year-old adolescent. A thorough collection of the history of the disease, as well as a multicomponent diagnostic approach allowed to detect that the patient is experiencing a very high level of sensitization to Tri a 14 (wheat flour, omega-5gliadin) and a high level of sensitization to Art v3 (wormwood). Both of the allergens belong to the class of lipid transfer proteins (LTP), which are stable under heat treatment and action of hydrochloric acid, and are associated with severe and systemic reactions. The pathophysiological mechanism of anaphylaxis launched in association with alcohol intake: white beer (containing wheat) and vermouth (contains wormwood). On the basis of a comprehensive survey, the patient received clear recommendations for the specificity of the diet, lifestyle and regarding one's health risks.

Key words: anaphylaxis, food allergy, cofactor, alcohol, children.

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