Exercise-induced Anaphylaxis: Food-dependent or Food-independent

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Exercise-induced anaphylaxis (EIA) is anaphylaxis which occurs during or after physical activity. EIA might occur alone or with concomitant situation. Whilst, food-dependent EIA is the anaphylaxis that occurs when eating food minutes to a few hours before exercise when exercise or food alone causes no symptoms. The most common foods are wheat and shellfish.

The diagnosis of EIA and food-dependent EIA is made by history and clinical presentations. The exercise challenge test is not mandatory for EIA owing to the fact that EIA happens occasionally. However, the food-dependent EIA requires not only the specific IgE to suspected food but also negative oral food challenge.

The treatment of food-dependent EIA is to avoid eating culprit food at least 4 hours before exercise. Adrenaline kit should also be prescribed to patients.

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