

Cross-Reactive Allergens & Allergen Calendar

Patient Information



Cross-reactive allergens

A cross-reactivity allergy is present when the antibodies against a specific allergen are also capable of identifying other allergens from other allergen sources and may thus induce an allergic reaction to those allergens as well.

Cross-reactions are frequently seen between certain pollen types and foods. This is called "oral allergy syndrome". For example, some people reacting allergic to birch pollen may not tolerate apples as well. Antibodies targeting a birch pollen allergen detect a similar protein in the apple. The result is that people suffering from birch pollen allergy may react to the consumption of apples with allergic symptoms such as swelling, redness and itching of the oral mucosa, although their original immune response was not targeting the apple antigen but the main allergen in birch pollen.

The following list contains a selection of relevant cross-reactive allergens, but does not lay any claim to completeness.

LEGEND

X	X	X	X	Cross-reaction frequent
X	X	X	X	Cross-reaction possible

Mites

Mites	Cross-reactive with
1 House dust mites	2 53
2 Storage mites	1

Pollen

Pollen	Cross-reactive with
3 Birch	4 5 6 7 9 10
	11 12 15 16 18 21
	22 23 24 25 26 28
	33 34 35 36 37 39
	40 42 43 44 45 47
	57
4 Beech	3 6 9
5 Oak	3
6 Alder	3 4 9
7 Ash	3 8 11 15 17
8 Lilac	7 11



9 Hazel **3 4 5 6 47**

10 Chestnut **3**

11 Olive tree **3 7 8 15 16 20**

12 Poplar **13**

13 Willow tree **12**

14 Rape **3 15**

15 Grasses/
grains **3 7 11 14 16 20**
21 22 24 27 35 37
38 49 50 57

16 Mugwort **3 11 15 17 18 19**
20 21 22 24 26 31
33 35 37 39 40 41
42 43 44 45 46 47
57

17 Ragweed **7 16 18 21 27 35**
57

18 Camomile¹ **3 15 16 17**

19 Oxeye daisy **16 20**

20 Sunflower² **11 15 16 19**

¹ teas and medicines also

² seeds also

Foodstuffs Cross-reactive with

21 Pome fruits³ **3 15 16 17 22 34**
35 37

22 Stone fruits⁴ **3 15 16 21 37 46**
47 57

23 Banana **3 24 27 30 57**

24 Kiwi **3 15 16 23 30 47**
49 51 52 57

25 Lychee **3**

26 Mango **3 16 33 35**

27 Melon **15 17 23 32 33 35**
57

28 Orange **3**

29 Papaya **57**

30 Avocado **23 24 57**

31 Pea **16 46**

32 Cucumber **27 33 35**

33 Carrot, raw **3 16 26 27 32 35**

34 Potato, raw **3 21 37 57**

³ i. e. apple, pear

⁴ i. e. plum, peach



35 Celery (spice also)	3 15 16 17 21 26 27 32 33 37 40 42 43 44 45 57
36 Soy	3 46
37 Tomato, raw	3 15 16 21 22 34 35 46 57
38 Onion	15
39 Aniseed	3 16
40 Curry ⁶	3 16 35
41 Dill	16
42 Red Pepper ⁷	3 16 35
43 Pepper	3 16 35
44 Cumin	3 16 35
45 Coriander (cilantro)	3 16 35
46 Peanut	16 22 31 36 37 57
47 Nuts in general	3 9 16 22 24 49 51 52
48 Sweet chestnut	57

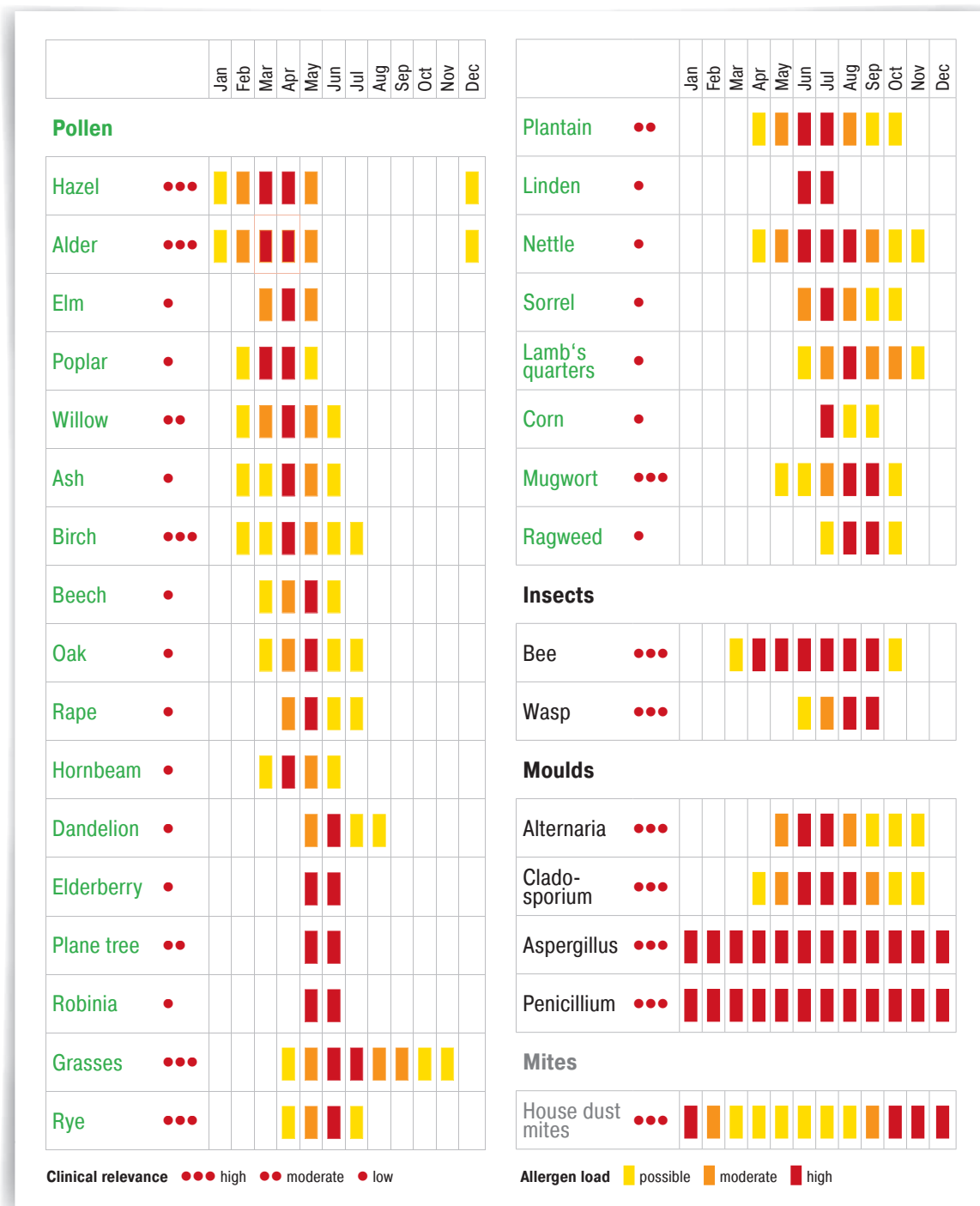
⁶ spice mixture
⁷ spice

49 Flours ⁸	15 24 47 50 51 52
50 Rice	15 49
51 Sesam	24 47 49
52 Poppy seeds	24 47 49
53 Crustaceans	1
54 Pork	60
55 Gelatine ⁹	58
56 Hen's egg	61

⁸ rye/wheat/oats
⁹ i. e. jelly bears

Varia	Cross-reactive with
57 Latex	3 15 16 17 22 23 24 26 27 29 30 34 35 37 46 48 59
58 Plasma expanders	55
59 Ficus benjamina	57
60 Cat hair	54
61 Bird feathers	56

Blooming calendar for Central Europe



For more detailed information and the latest pollen forecast cf.: www.allergopharma.de

Additional Information

Did the results of the allergy tests performed by your doctor show that you or your child suffer from an allergy? Do you experience allergic complaints such as itching and watering of the eyes, sneezing attacks or runny nose, acute shortness of breath, skin irritations, gastrointestinal disorders, migraine or sleep disorders?

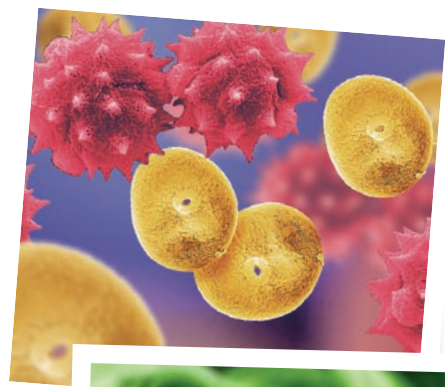
Our Patient Information will enable you to get informed about various allergies and their triggers:

- Pollen Allergy
- House Dust Mite Allergy
- Animal Allergy
- Food Allergy
- Mould Allergy

When your doctor recommends a specific immunotherapy (hyposensitization) our Patient Information

- Subcutaneous Specific Immunotherapy

will give you a lot of helpful information.



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