

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 Curry⁶ **3** **16** **35**

41 Dill **16**

42 Red Pepper⁷ **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 Flours⁸ **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 Gelatine⁹ **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**

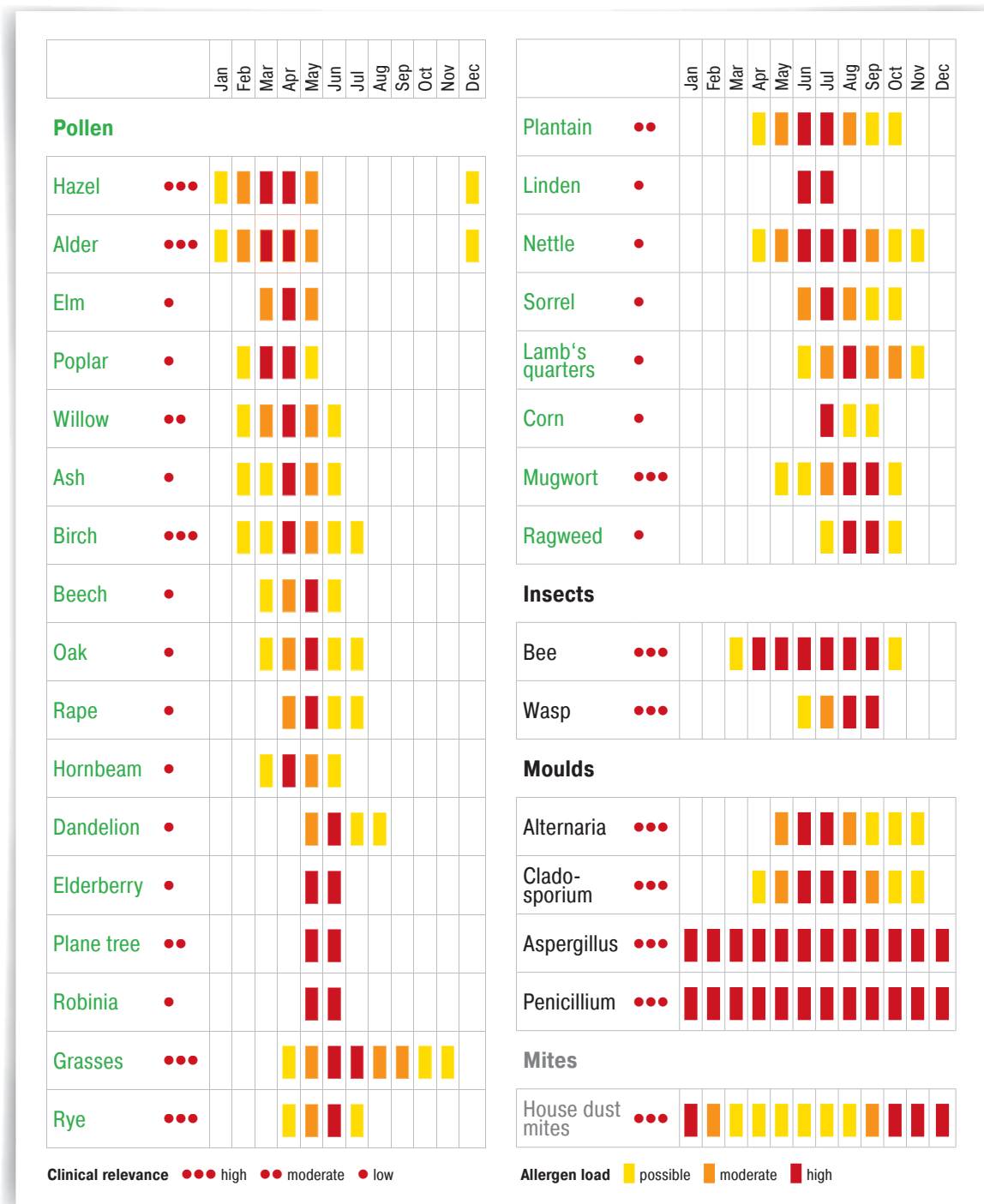
58 Plasma
expanders **55**

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?

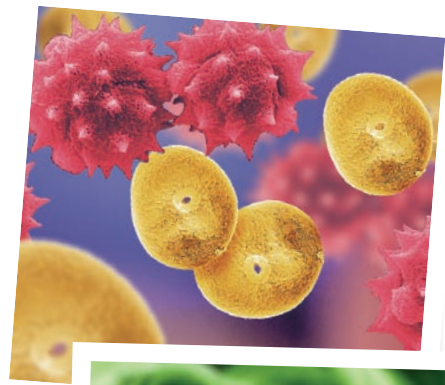
Our Patient Information will enable you to get informed about various allergies and their triggers:

- 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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