



Annual Congress 2022 of the European Academy of Allergy and Clinical Immunology

Severity of reactions to tree nuts, peanut and other legumes across Europe: Data from the EuroPrevall study

(Prague, Czech Republic 1-3 July 2022) It is well known that tree nuts and peanut are frequent causes of allergic reactions and anaphylaxis. However, it has not been established whether differences in severity exist between different tree nuts and legumes, or in different geographical areas.

Aiming to better understand the severity of allergic reactions to tree nuts, peanut and other legumes across Europe, the recently published and thoroughly validated Food Allergy Severity Score (FASS) was applied to the data of immediate reactions to these foods collected by the 12 allergy-referral centres from the EuroPrevall outpatient clinic study, which to date remains the largest cross-sectional study of food allergy in Europe.

Hazelnut, peanut, walnut and almond were the foods more frequently involved in allergic reactions, with peanut induced reactions of higher severity. Legumes of non-mandatory labelling such as pea were infrequent, but more than half of pea reactions were anaphylaxis with respiratory or cardiovascular involvement. Geographical differences in severity were found across the centres with an overall higher severity of reactions to peanut, and tree nuts in Manchester and Prague, and milder reactions in Milano and Strasbourg centres.

FASS is a useful tool to adequately establish the differences in severity of food allergic reactions and therefore helps to provide a clearer picture of food allergy severity in Europe, an essential information for clinicians and health authorities.

“FASS helps us understanding the spectrum of food allergy severity, an essential knowledge to guide the implementation of health policies to improve safety and quality of life of food allergic patients,” says Montserrat Fernandez-Rivas, Allergy Specialist at Hospital Clínico San Carlos, in Madrid, Spain.

About EAACI:

The European Academy of Allergy and Clinical Immunology (EAACI) is an association of clinicians, researchers and allied health professionals founded in 1956. EAACI is dedicated to improving the health of people affected by allergic diseases. With more 13 000 members from 125 countries and over 75 National Allergy Societies, EAACI is the primary source of expertise in Europe and worldwide for all aspects of allergy.

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Contact:

EAACI Headquarters, Hagenholzstrasse 111, 3rd Floor 8050 Zurich, CH- Switzerland

Tel: +41799561865

communications@eaaci.org

www.eaaci.org