

# 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 are 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 shows a selection of important cross-reactive allergens. A number (1 - 61) has been assigned to each allergen, in order to identify the (cross-reactive) allergen.

The color of the box represents the allergen group (mites, pollen, foodstuffs, other). The intensity of the color gives information about the frequency of cross reaction (frequent or possible).



## Mites

1	House dust mites	2	53
2	Storage mites	1	

## Pollen

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	Camomile (teas and medicines also)	3	15	16	17																											
19	Oxeye daisy	16	20																													
20	Sunflower (seeds also)	11	15	16	19																											

## Foodstuffs

21	Pome fruits (i. e. apple, pear)	3	15	16	17	22	34	35	37								
22	Stone fruits (i. e. plum, peach)	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												
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 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															
49	Flours (i. e. rye/wheat/oats)	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 (i. e. jelly bears)	58															
56	Hen's egg	61															

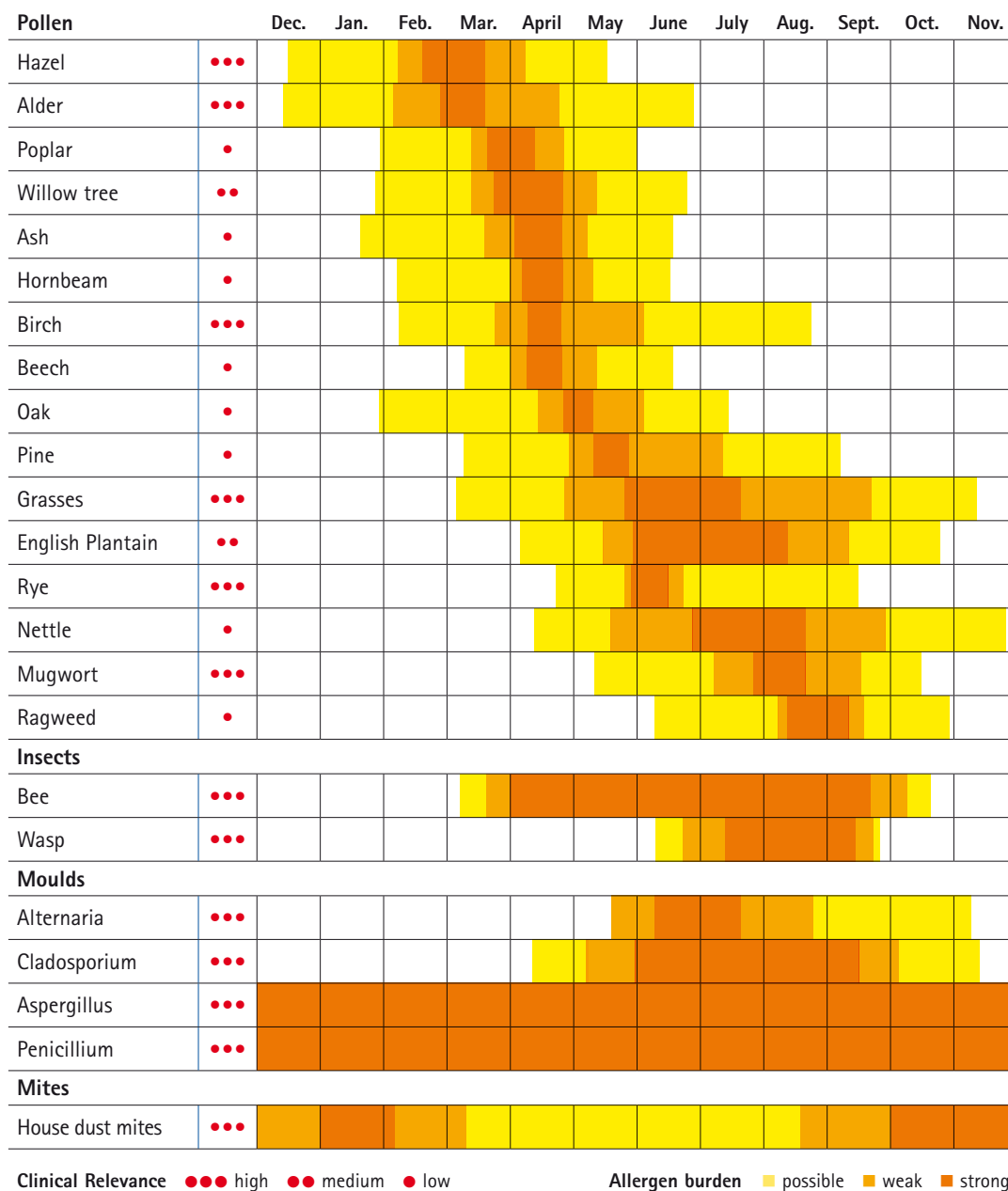


## Other

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																

Cross-reaction frequent     
 Cross-reaction possible

## Allergen calendar for Central Europe



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