CYREX® Laboratories

CLINICAL SPECIFICATIONS

OATS

Antigen Made From:

Whole grain Oats

Associated With:

Atopic dermatitis[1]
Celiac disease[2,3]
Food hypersensitivity[4]
Gluten sensitivity[2,3]

Known Cross-Reactions: Gliadin,[5] often cross-contaminated with Wheat;[6] Glutamic Acid Decarboxylase-65;[9] Triiodothyronine (T3), Thyroxine (T4)[10]

Clinical Significance:

The presence of antibodies to Oats is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Adverse reactions to Oat have been reported.[2,3,4] Genetically speaking, Oats do not contain gluten and thereby should be safe to eat for the celiac or non-celiac gluten-sensitive patient.[7,8] However, due to cross-contamination of Oats during transportation and food processing, they may become harmful to the gluten-reactive population.[2,3] Some varieties of Oats have been shown to cross-react with gliadin.

References:

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4. Keet et al. Barley and oat allergy in children with wheat allergy. J Allergy Clin Immunol, 2009; 123(2):S110.
5. Comino et al. Diversity in oat potential immunogenicity: basis for the selection of oat varieties with no toxicity in coeliac disease. Gut, 2011; doi:10.1136/gut.2010.225268.
6. Thompson. Gluten contamination of commercial oat products in the United States. N Engl J Med. 2004; 351(19):2021-2022.
7. Janatuinen et al. A comparison of diets with and without oats in adults with celiac disease. N Engl J Med, 1995; 333:1033-1037.
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9. Kharrazian, et al. Detection of islet cell immune reactivity with low glycemic index foods: is this a concern for type 1 diabetes? J Diabetes Res, 2017; 2017:4124967.
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