

CLINICAL SPECIFICATIONS

SESAME

Antigen Made From:

Whole Sesame seed

Associated With:

Allergy^{1,2,3,4,5}
 Anaphylaxis³
 Conjunctivitis⁶
 Facial erythema⁶
 Occupational asthma^{1,7}
 Rhinitis⁷
 Urticaria^{6,7}

Known Cross-Reactions: Almonds;⁸ Kiwi, Poppy seeds, Hazelnuts, Rye⁹

Clinical Significance:

The presence of antibodies to Sesame is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Sesame allergy/intolerance is becoming more common as more people begin to seek a healthy protein-rich food. Special precaution must be taken by those in the baking industry, as occupational asthma stemming from the inhalation of Sesame flour has been reported.^{1,7} Additionally, patients with immediate or delayed immune reactivities should not only avoid ingesting the food, but should also abstain from using topical products that contain Sesame.

References:

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3. Kagi and Wuthrich. Falafel burger anaphylaxis due to sesame seed allergy. *Ann Allergy*, 1993; 71(2):127-129.
4. Pecquet et al. Immediate hypersensitivity to sesame in foods and cosmetics. *Contact Dermatitis*, 1998; 39:313.
5. Perkins. Raising awareness of sesame allergy. *Pharma J*, 2001; 267:757-758.
6. Pajno et al. Anaphylaxis to sesame. *Allergy*, 2000; 55(2):199-201.
7. Keskinen et al. A case of occupational asthma, rhinitis and urticaria due to sesame seed. *Clin Exp Allergy*, 1991; 21:623-624.
8. Hlywka et al. A sandwich enzyme-linked immunosorbent assay for the detection of almonds in foods. *J Food Prot*, 2000; 63(2):252-257.
9. Vocks et al. Common allergenic structures in hazelnut, rye grain, sesame seeds, kiwi, and poppy seeds. *Allergy*, 1993; 48(3):168-172.