Analysis of 150 anaphylaxis episodes

Yolanda Puente¹, Juan Carlos Daza¹, Francisco Javier Monteseirin²
¹Hospital Universitario Virgen Macarena, Seville, Spain; ²University of Seville, Spain

Background: Anaphylaxis is the most severe manifestation of an allergic reaction and recent data indicates a continuous increase of cases. The aim of this study was to evaluate the characteristics of anaphylaxis in 150 patients who had been studied by allergists in a geographical area.

Method: This descriptive study involved a retrospective review of records of 150 patients who had suffered from anaphylaxis and had been carefully studied in our center. All of them belonged to the same geographical area. The median age was 31.59 years, from 0 to 80 years. 81 of them were female.

Result: 52 of them were caused by food, 40 cases were due to drug allergy and diagnosis agents or immunotherapy. In addition to, 29 patients had anaphylaxis because of hymenoptera allergy. Only 18 of them were related to exercise-induced, idiopathic etiology or Anisakis simplex. On the other hand, the majority of patients had only suffered from one anaphylactic reaction. The 72.01% of successive episodes were related to food allergy. The average of episodes by patient was 1.44 with a range from 1 to 10. 44.29% suffered from pollen allergy. Most of them happened in the springtime. The average of serum basal tryptase levels was 1.39µg/l, range 0.1-40. More than 50% of patients carried their epinephrine auto-injector with them at all times.

Conclusion: Anaphylaxis is a relatively common problem and it is quite necessary to improve the current understanding would be through.

In our opinion, food allergy is the most important trigger of anaphylaxis including recurrent episodes. Unfortunately a lot of patients do not carry their self-administered epinephrine injector, underusing it in the treatment of anaphylactic reactions.

On the other hand, an improved understanding of this disorder would aid ongoing efforts to reduce it and could provide clues for its prevention.