PP165

Fish induced anaphylaxis with different underlying causes and mechanisms

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Background: Anaphylaxis is a severe, potentially life-threatening systemic hypersensitivity reaction. Foods are by far the most common anaphylaxis trigger in infants, children, teens, and young adults. De novo food (fish and shellfish) allergy is most common within young adult population. Despite the mechanism involved for anaphylaxis elicitation, adrenaline is the first line of treatment and an action plan/management plan should be instructed to the patients or their care givers.

Report: We report three anaphylaxis cases presented in our clinic during 2014-2016, all initially referred by the ED professionals as fish induced anaphylaxis. They all had none co-morbidities and no previous allergic reactions of any kind.

- 23 years old female patient developed generalised rush and urticaria, angioedema of the lips, difficulty with swallowing and breathing, abdominal cramps about 40 min after cod-fish ingestion.
- 27 years old female patient developed angioedema of the lips, generalised urticaria, difficulty with breathing and swallowing about 10 min after fish ingestion.
- 24 years old female patient developed urticaria and angioedema, abdominal cramps, mild breathing difficulty about 20 min after fish ingestion.
- Biochemical and full blood count resulted normal. Mast cell disorder was excluded.

<table>
<thead>
<tr>
<th>Patient</th>
<th>Symptoms</th>
<th>Onset after ingestion</th>
<th>Skin prick test/ sIgE for food panel</th>
<th>Co-factors</th>
<th>Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Airway, cutaneous, GI</td>
<td>46 min</td>
<td>Negative/ Negative</td>
<td>None</td>
<td>Scombroid</td>
</tr>
<tr>
<td>2</td>
<td>Airway, cutaneous, GI</td>
<td>10 min</td>
<td>Negative/Positive sIgE</td>
<td>Ibuprofen 20 min before</td>
<td>Probable Codfish Allergy induced by NSAIDS</td>
</tr>
<tr>
<td>3</td>
<td>Airway, cutaneous</td>
<td>26 min</td>
<td>Positive for CodFish/Positive sIgE</td>
<td>None</td>
<td>Codfish Allergy</td>
</tr>
</tbody>
</table>

Table 1

Epipen was prescribed to patient 2 and 3 in case of future potential anaphylaxis and a written anaphylaxis action plan.

Clinical Relevance of Report:

- Scombroid food poisoning and fish allergy are often confused interchangeably and in vivo and in vitro allergy tests as well as a careful history are needed to make the right diagnosis.
- The role of co-factors is important in eliciting anaphylaxis.
- De novo food allergy related to fish and shellfish in adults should always be investigated by the allergist.

Statement of Consent for Presentation and Publication: Written informed consent was obtained from the patient’s parent or guardian for publication of this abstract and any accompanying images. A copy of the written consent is available for review by the Editor of this journal.