



Morning Blush

Karen Binkley, MD, FRCPC

- ✓ Robin, a 25-year-old letter-carrier, presents with recurrent reactions:
 - ✓ Six reactions over the past two months
 - ✓ Intense itching, burning and erythema of the skin
 - ✓ Mild nausea, no diarrhea
 - ✓ No respiratory symptoms
 - ✓ Episodes usually occur in the morning, but no common food is identified; tolerates same foods at other times
 - ✓ Intermittent rhinitis, allergic cause never confirmed
 - ✓ No history of asthma or eczema
 - ✓ Remote family history of atopy

Medical history:

- ✓ Unremarkable
- ✓ No drug allergies
- ✓ No known food allergies

Medication:

- ✓ Birth control pill
- ✓ Daily multivitamin

Physical exam:

- ✓ Unremarkable

Notes on Robin

Age: 25

*Presentation:
Recurrent, non-specific
reactions*

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Allergy Alert

What do you suspect?

Niacin Flush

- ✓ Patient usually takes her multivitamin in the morning
- ✓ Reactions occur when she skips breakfast, allowing for rapid absorption of the niacin, with subsequent flushing
- ✓ Reactions are non-IgE mediated
- ✓ She may tolerate niacin if ample food is taken beforehand
- ✓ Could use a multivitamin with niacinamide which does not cause flushing, or discontinue multivitamins all together



Diagnosis:

Niacin Flush

Upcoming cases...

- ✓ **July:** Alternaria with rhinoconjunctivitis and asthma
- ✓ **August:** Echinacea

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