



## Bagel Boggle

Karen Binkley, MD, FRCPC

✓ Steven is a 17-year-old high school student who presents to the ER.

He is hypotensive, wheezing and has urticaria. He responds to adrenaline, antihistamines and corticosteroids

✓ He reports that he consumed coffee and a sesame bagel one hour prior at a donut shop. He has consumed no other foods during the day

✓ He had not taken any medications or OTC products and he had not had any insect bites or stings. As a part-time employee at the same donut shop, he knows the gloves used to handle food are vinyl, not latex

✓ He had one previous, milder episode associated with urticaria, chest tightness and cough four weeks earlier, but did not seek medical attention and symptoms resolved spontaneously. He can't recall if sesame was consumed on the date of the first reaction and he can't be sure if he has had sesame subsequent to the first reaction

✓ He has no history of allergic rhinitis or asthma. He did have eczema during childhood and there is a positive family history of atopy

### Medical history:

✓ Unremarkable

### Drug Allergies:

✓ None

### Medications:

✓ None

### Physical Examination:

✓ Unremarkable

What do you suspect?

### Notes on Steven

Age: 17

### Presentation:

- Arrives at ER with low BP, wheezing and urticaria
- Responds to adrenaline, antihistamines and corticosteroids

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# Allergy Alert

## *Skin Prick Testing:*

- ✓ Strongly positive to sesame
- ✓ A diagnosis of sesame allergy can be safely made

## *Management:*

- ✓ Sesame allergy is capable of causing anaphylaxis in this patient; therefore, strict avoidance of all sesame and sesame-containing foods is recommended
- ✓ The patient is instructed in the use of autoinjectable adrenaline and is advised to have a medical identification bracelet stating “food allergy, has autoinjectable adrenaline”
- ✓ The patient is strongly advised to contact Anaphylaxis Canada to provide further support and education:
  - Telephone: (416) 785-5666
  - Fax: (416) 785-0458
  - Email: info@anaphylaxis.ca
- ✓ A follow-up visit is scheduled to review the diagnosis, the appropriate use of the autoinjectable adrenaline and an appropriate action plan

## *Comment:*

- ✓ Sesame is increasingly recognized as an important and common food allergen

*Diagnosis:  
Sesame allergy*

## *Upcoming cases...*

- ✓ **October:** Nose Plug
- ✓ **November:** Take a Breather!

**Dr. Binkley** is an Assistant Professor of Medicine, Division of Clinical Immunology and Allergy, University of Toronto and a Staff Member, St. Michael's Hospital and Sunnybrook Health Sciences Centre, Toronto, Ontario.