



POSTER PRESENTATION

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Flax seed allergy in children: an emerging allergen?

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Background

Flax is a plant that is widely cultivated and has multiple uses. The seed has been increasingly used in food, and the fibers are used in textiles. Oils have also been extracted from the seed for use as a laxative and in industrial preparations. Allergic reactions to flax seed ingestion as well as linseed oil (flaxseed oil) ingestion have been described in the literature in adults (1-5), but not in children.

Material and methods

We report four cases of flax seed allergy in children.

Results

See table 1.

Conclusions

Few cases of flax seed allergy have been described in the literature. As the use of flax seed in foods becomes more prevalent, this will likely become a more important cause of allergic reactions in the future.

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Table 1

Case	Age	Gender	Multiple food allergies?	Food containing flax seed: symptoms	Skin test to flax	Open challenge
1	1y5m	F	no	granola bar: urticaria, angioedema	5mm	not done
2	9y	M	yes	muffin: oral "tingling"	4mm	oral pruritus, throat clearing
3	5y	M	yes	bread: vomiting/urticaria (two episodes)	7mm	not done
4	8y	M	yes	fruit smoothie: angioedema of lips same fruit smoothie without flax seed before and since: no symptoms	pending	pending

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