



CASE REPORT

Report of a Food Allergy to Wheat Gluten

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ABSTRACT

Food allergy is a major health problem in many countries is considered. Susceptibility to food allergy is most common in children under one year that Identification of substance in order to eliminate it from your diet is one of the important necessities. A 26-year-old boy who suffered from indigestion after eating and Sometimes nausea and vomiting associated with moderate to severe diarrhea may occur. Next review and avoiding allergens revealed that he is allergic to gluten, the protein found in wheat that with eating a diet with barley bread or corn or wheat bread instead of the symptoms was resolved and Allergies are not considered too and the withdrawal of these materials is improved. Therefore attention to this complication and treat it correctly and avoid completely to allergen, is necessary for a full recovery.

Key words: Food allergy, wheat gluten, modified nutrition

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INTRODUCTION

Food allergy is a major health problem in many countries is considered. Sensitivity to common food allergies in children less than one year, identify the type of substance in order to eliminate it from your diet is one of the most important skills necessary. Specific test for the diagnosis of allergy is requested, which is one of the specific anti-allergen. IgE testing is the most important evaluation (1-3). Using data from patient questionnaires, the number of suspected allergens can be done, and finally the type of person who is sensitive to the allergen is determined (4, 5). Allergy symptoms vary widely and include erythema, conjunctivitis, atopic dermatitis, contact dermatitis, allergic asthma, rhinitis, urticaria, and angioedema and intestinal signs that have been reported in all age groups from infancy to adulthood (6-8).

Studies have shown that the incidence of food allergies has increased over the past years and the number of emergency room visits due to food-induced anaphylaxis has also grown. In addition to concerns about the increasing prevalence of allergies, there is new evidence to show that food allergies are more stable than previously thought (9-12).

All current treatments are needed to avoid the allergen. This becomes a problem when the labels on food products can be misleading or risk exposure to residues in food proteins, vaccines exist. A source of problems for allergy, egg and seasonal flu vaccines are available ovalbumin. The specific treatment for food allergy and immunotherapy or desensitization protocols for tolerance is rarely necessary (13-15).

Gluten is a protein found in wheat, which is elastic and flexible material makes dough sticky, spongy tissue firmness in foods such as bread and other bakery products are (16, 17).

Wheat Allergic reaction usually begins within minutes to hours after eating wheat. More common symptoms include itching or hives on the skin, eczema, gastrointestinal symptoms (abdominal cramps), nausea and vomiting, and respiratory disorders. It is easy for those who may identify similar reactions and repeated after eating foods containing wheat. Since wheat is usually consumed with other foods that

is often difficult to diagnose. Diagnosis usually requires a clinical examination and review of medical history, family history and history of food (18-20).

REPORT

A 26 year old boy who suffered from indigestion after eating, and sometimes nausea and vomiting associated with moderate to severe diarrhea, dizziness, and headache associated with anxiety is manifested. Various experiments on a represent there aren't any kind of infection or parasitic infections and other findings were normal. Only a relative increase in the number of eosinophils was determined to be driven by allergies. Symptoms similar to IBD (Inflammatory bowel disease) and inflammatory bowel edema was seen an hour after eating wheat bread. Further investigations and avoiding allergens revealed that he is allergic to gluten; the protein found in wheat and with corn or barley or diet bread eating, the symptoms and side effects of allergy was not seen. That was showed that there is food allergy to this material and it can be seen that only the meals of bread is used. This allergy also began by eating biscuits that are made from wheat flour to be improved with discontinuation of this.

In this person, there is intestinal inflammation that leads Imperfect absorption of food and energy shortages and he has been hunger and intake a lot of food. Therefore with entrance of large amount of allergen, these symptoms would be severed and he would be thinness and have weight loss that with the correct nutrition and eliminating wheat from her diet, the cases were solved. It should be noted that in some cases the symptoms are similar to Celiac disease and food allergies, but it is quite different.

DISCUSSION

Foods of plant origin, especially the family of grains as the main cause of allergic reactions in adults is considered to be a particular food. Approach in recent years due to plant foods regime, prevalence of allergies plant origin is increased more pronounced (21-23).

Wheat is used widely in the food industry, bakery, confectionery and pharmaceutical products (24, 25).

Mechanisms involved in this disease are immunological responses and type one of hypersensitivity. Food allergy reaction is included in a wide range of age groups (infancy, childhood and adulthood). Studies have shown that allergens can pass through the placenta, drinking breast milk or directly through ingestion or contact with products containing allergens occurs and lead the sensitivity of the matter of which (26 and 27).

There are some reports of food allergy and correlation of with wheat using that show this syndrome is important. The prevalence of food allergy is different in countries because the food habits and regime are different, therefore the panel recommendations for allergen skin testing in each country should be considered separately. So unlike the habits of Western societies, the most common food of the Iranian people is included wheat and Grain.

However, it should be noted that carbohydrate fermentation in the large bowel is the most important factor for maintaining health and prevention of inflammation and cancer. Cereals are good sources of dietary fiber, including polysaccharides, starch, sugar alcohol and oligosaccharides. Oligosaccharides alone or in combination with probiotic bacteria may inhibit the formation of tumors and cancer, therefore fiber and plant food is necessary for health (28-30).

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