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| Oral Allergy Syndrome | \\server01\profiles$\kristina\Desktop\PAA Tree 3-20-2013 BOLD no line.jpg |

**What is oral allergy syndrome?**

* Itching or burning of the mouth, tongue, soft palate, and/or throat after eating nuts or raw fruits and vegetables. Symptoms usually occur immediately, although can occur more than an hour later.
* Severe symptoms such as swelling of the throat, hives, breathing problems, nausea & vomiting are rare.

**What are the causes?**

* OAS is usually caused by an allergy to proteins found in fruits and vegetables similar to those found in pollen, especially from birch trees, but also grasses and weeds.
* OAS can also occur in people allergic to rubber latex.

**What to do if you have an allergic reaction**

* If an allergic reaction occurs, stop eating the food immediately and spit it out.
* For mild symptoms (itching or burning) take an antihistamine such as Cetirizine (Zyrtec).
* If any severe symptoms, use epinephrine and call 911 or go to the nearest ED.

**Living with OAS**

* Avoid eating the foods that cause symptoms, especially during allergy season.
* Peeled, cooked, or canned forms of the foods may be tolerated.

**Cross-Reactivity Patterns in OAS**

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| **Birch Trees**  **C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3WQE1OBV\birch-trees-1029086_640[1].jpg** | **C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TF071WY0\eating-apples-extended-lifespan-test-animals-10-per-cent_183[1].jpgC:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\24O9ZVEE\Nqx6J[1].png** C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8UY8K0DS\1200px-White_nectarine_and_cross_section02_edit[1].jpg **C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\Red-Plums[1].jpgC:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3WQE1OBV\104754677[1].jpg** C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3WQE1OBV\Food5[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\Apricot_whole444[1].jpg   C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\R1OJZGLD\220px-Smoked_almonds[1].jpg  Apple Peach Nectarine Plum Pear Cherry Apricot Orange Kiwi Mango Almond Brazil nut Cashew Walnut  C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\24O9ZVEE\Frozen_Carrot[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\R1OJZGLD\20100619celery[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IEHZ6XW4\Parsley-Pictures[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2WG03B1F\SPKBG[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SGAV94EP\pTVZ9[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EIB2LC1N\coriander-seeds-whole-1[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\R1OJZGLD\Illicium_verum_2006-10-17[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NQE47Q1F\Soybean[1].jpgC:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SGAV94EP\124632427[1].jpgC:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\49UY0HFJ\Haselnuss_Gr_99[1].jpg  Carrot Celery Onion Potato Tomato Parsley Caraway Fennel Coriander Aniseed Soybean Peanut Hazelnut |
| **Ragweed** | C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\melon_PNG14359[1].png C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\49UY0HFJ\melon1[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\49UY0HFJ\77890,1277089244,1[1].jpg  C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\sliced_whole_cucumber[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2WG03B1F\banana[1].jpg  Cantaloupe Honeydew Watermelon Zucchini Cucumber Banana |
| **Mugwort (weed)** | C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2WG03B1F\banana[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\melon_PNG14359[1].png C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\49UY0HFJ\melon1[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\24O9ZVEE\Frozen_Carrot[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\R1OJZGLD\20100619celery[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IEHZ6XW4\Parsley-Pictures[1].jpgC:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2WG03B1F\SPKBG[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SGAV94EP\pTVZ9[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EIB2LC1N\coriander-seeds-whole-1[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\R1OJZGLD\Illicium_verum_2006-10-17[1].jpg  Banana Cantaloupe Honeydew Carrot Celery Chives Parsley Caraway Fennel Coriander Aniseed  C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RXUOOCO6\black_pepper[1].jpg  Black pepper Mustard Cauliflower Cabbage Broccoli Garlic Onion Bell pepper Parsnip |
| **Grasses** | C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\melon_PNG14359[1].png C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\49UY0HFJ\melon1[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\49UY0HFJ\77890,1277089244,1[1].jpg  Cantaloupe Honeydew Watermelon Kiwi Orange Pea Lentil  C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NQE47Q1F\Soybean[1].jpg C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SGAV94EP\124632427[1].jpg  Swiss chard White potato Tomato Wheat Soybean Peanut |
| **Latex** | C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2WG03B1F\banana[1].jpg    C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\melon_PNG14359[1].png  **C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\24O9ZVEE\Nqx6J[1].png**  Avocado Banana Citrus fruit Kiwi Grape Mango Melon Peach  C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FM7E0CZJ\131684198[1].jpg **C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LB3OH95F\Red-Plums[1].jpg**   C:\Users\kristina\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SGAV94EP\124632427[1].jpg  Papaya Passion fruit Pineapple Plum Tomato Peppers Peanut Chestnut |