

## Suspicion of soy allergy – risk of severe reaction?

### RECOMMENDED TEST PROFILE:

Soybean (f 14), Gly m 4, Gly m 5 and Gly m 6

### RESULTS:

Soybean (f 14)    +    Gly m 4    +    Gly m 5 / Gly m 6

+

–

+



Risk of severe reactions to soy

+/-

+

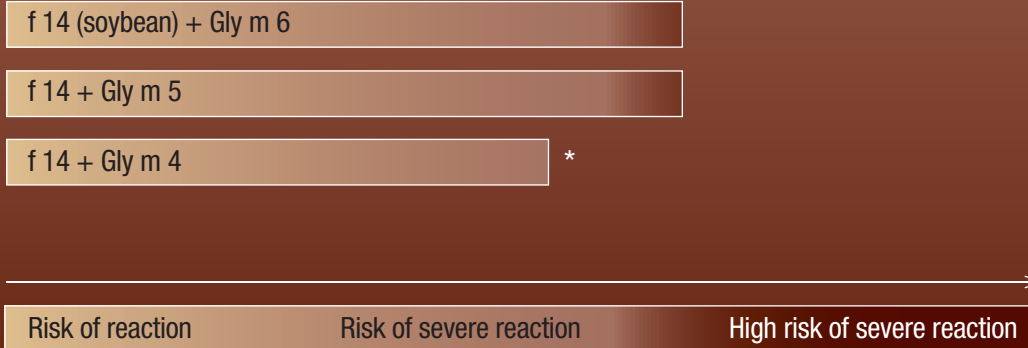
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Often associated with local reactions\*

\*Systemic reactions may occur, particularly in patients allergic to birch-related tree pollens when consuming high amounts of low-processed soy, e.g. soy milk.

## Risk assessment of soy allergic patients



- FACTORS TO CONSIDER:**
- Birch pollen-allergic or not
  - Level of exposure
  - Level of specific IgE
  - Age of the patient

**PROTEIN GROUPS:**

<p><b>Storage proteins:</b></p> <ul style="list-style-type: none"> <li>• Gly m 5</li> <li>• Gly m 6</li> <li>– Associated with severe reaction</li> <li>– Stable to heat and digestion</li> </ul>	<p><b>PR-10 protein:</b></p> <ul style="list-style-type: none"> <li>• Gly m 4</li> <li>– Associated with both systemic reactions and local reactions, e.g. OAS</li> <li>– Labile to heat and digestion</li> <li>– Associated with allergy to birch and birch-related tree pollens</li> </ul>
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