

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

+/-

+

—



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

f 14 (soybean) + Gly m 6

f 14 + Gly m 5

f 14 + Gly m 4 *

Risk of reaction

Risk of severe reaction

High risk of severe reaction

FACTORS TO CONSIDER:

- Birch pollen-allergic or not
- Level of exposure
- Level of specific IgE
- Age of the patient

PROTEIN GROUPS:

Storage proteins:

- Gly m 5
- Gly m 6
 - Associated with severe reaction
 - Stable to heat and digestion

PR-10 protein:

- Gly m 4
 - Associated with both systemic reactions and local reactions, e.g. OAS
 - Labile to heat and digestion
 - Associated with allergy to birch and birch-related tree pollens

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