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## Common Aeroallergens and Food allergens Seen among Allergic Children

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**S**tatement of the Problem: Allergy is an immunological hypersensitivity to various proteins (allergens) that can lead to a variety of different disease via different pathomechanisim and thus different approaches in diagnosis and therapy and prevention. For the confirmation of the presence of allergy, the most common diagnostic procedures available are the IgE specific test, food challenge test, and skin prick test (SPT) which are done according to the history of food or aeroallergen sensitivity. The purpose of this study is was to evaluate the prevalence of positive SPT to various aeroallergen and food allergens in children with allergic diseases in Sharjah. Methodology & Theoretical Orientation: The study design was retrospective cross-sectional. Data was collected from the results of 206 patients that have undergone SPT during 2013 through 2015 in the allergy clinic at the University Hospital of Sharjah. SPT were performed with 15 aeroallergens selected based on the most common identifiable allergens in the region, and 27 individual food allergens according to patient history. A mean wheal diameter of at least 3mm greater than the negative control was taken as positive. Analysis was conducted via SPSS version 22. Findings: The most prevalent indoor aeroallergens were Dermatophagoides farinae (37.04%), Dermatophagoides pteronyssinus (36.51%), cat fur (32.25%), feather mix (31.68%) and the least common was cockroach (15.84%). Russian thistle (32.25%) was the commonest out door allergen followed by chenopodiacees (26.73%), alternaria (25.93%). Conclusion & Significance: The most common aeroallergens identified based on SPT in the allergy clinic in the University Hospital of Sharjah, was house dust mites in all allergic diseases followed by molds, which corresponds with the results of similar studies conducted in our region. Most common Food allergen was peanut, egg and then milk. Identifying allergens plays an important role in management, giving appropriate allergen avoidance, and possible immunotherapy.

### Biography

I am a Pediatrician with interests in allergy and asthma. I'm currently working at University Hospital Sharjah, running an allergy clinic dealing with allergic rhinitis, asthma, eczema and food allergy performing skin prick tests, spirometry lung function. I developed local effective clinical pathways for the management of asthma, eczema, food allergy. I believe in patient participation in their care.

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