



## BIRCH

Molecular Allergology



# Accurate birch pollen diagnosis and appropriate SIT selection

Resolve multiple positive pollen and food test results

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# Take the diagnosis and management of birch pollen-allergic patients to a whole new level

## Use components for a refined birch pollen diagnosis

Many birch pollen allergic patients are sensitized to several pollens, either due to multiple primary sensitizations or due to allergen cross-reactivity.<sup>1-3</sup> In addition, many of these patients have concomitant pollen-related food allergies.<sup>1,4</sup>

Birch components can help to:

- Identify “true” birch pollen allergy (Bet v 1)<sup>1,5</sup>
- Clarify sensitization due to cross-reactivity (Bet v 2, Bet v 4, Bet v 6)<sup>4,5</sup>
- Explain birch pollen-related food allergies (Bet v 1, Bet v 6)<sup>1,4</sup>

## Identify patients for appropriate birch SIT treatment

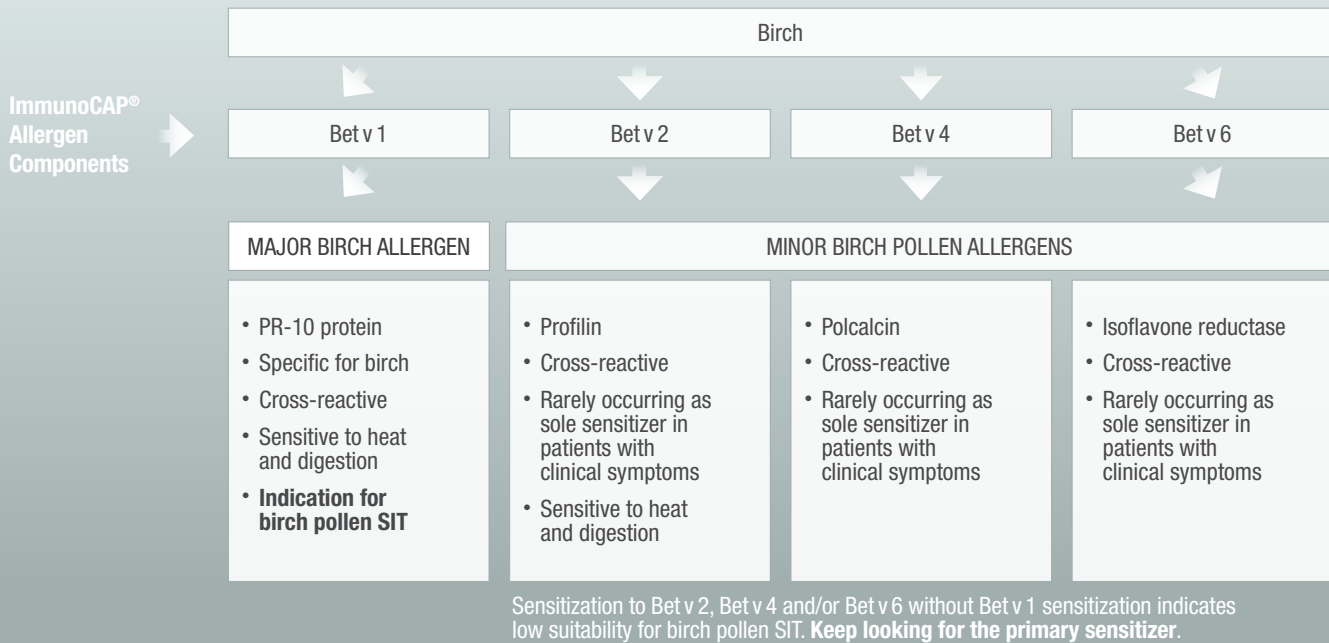
- Patients sensitized to the specific birch component Bet v 1 are likely to get symptom relief by birch pollen SIT.<sup>6,7</sup>
- Patients sensitized to minor, cross-reactive birch components only, have less successful outcome of birch pollen SIT.<sup>6,7</sup>

## Improved management of patients with birch-related food allergy

- Due to PR-10 cross-reactivity, patients sensitized to Bet v 1 may react to various fruits, nuts and vegetables (e.g. apple, pear or hazelnut).<sup>1,4</sup>
- In most cases, symptoms to the triggering food are restricted to oral reactions and the food is often tolerated when cooked.<sup>4,8</sup>

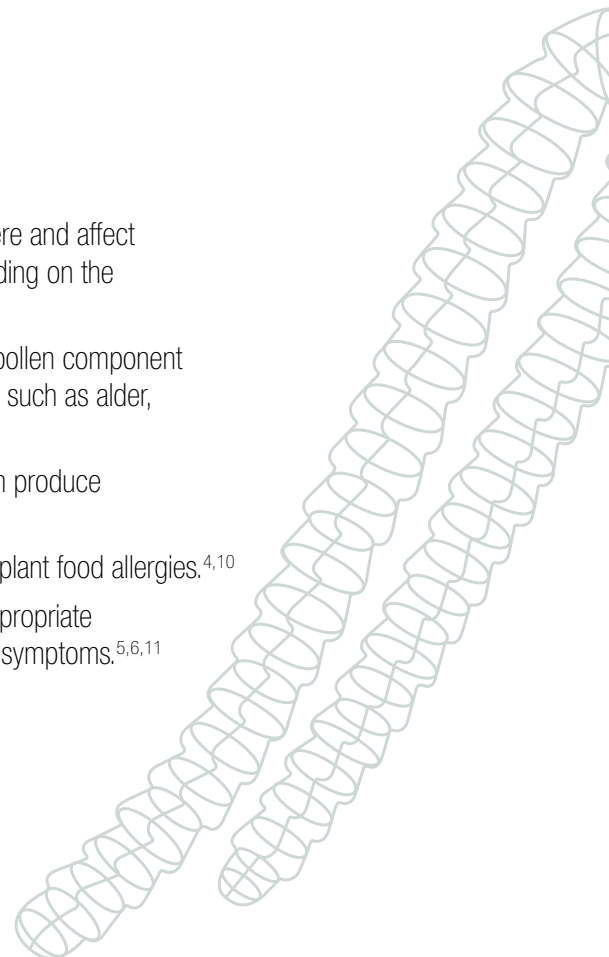


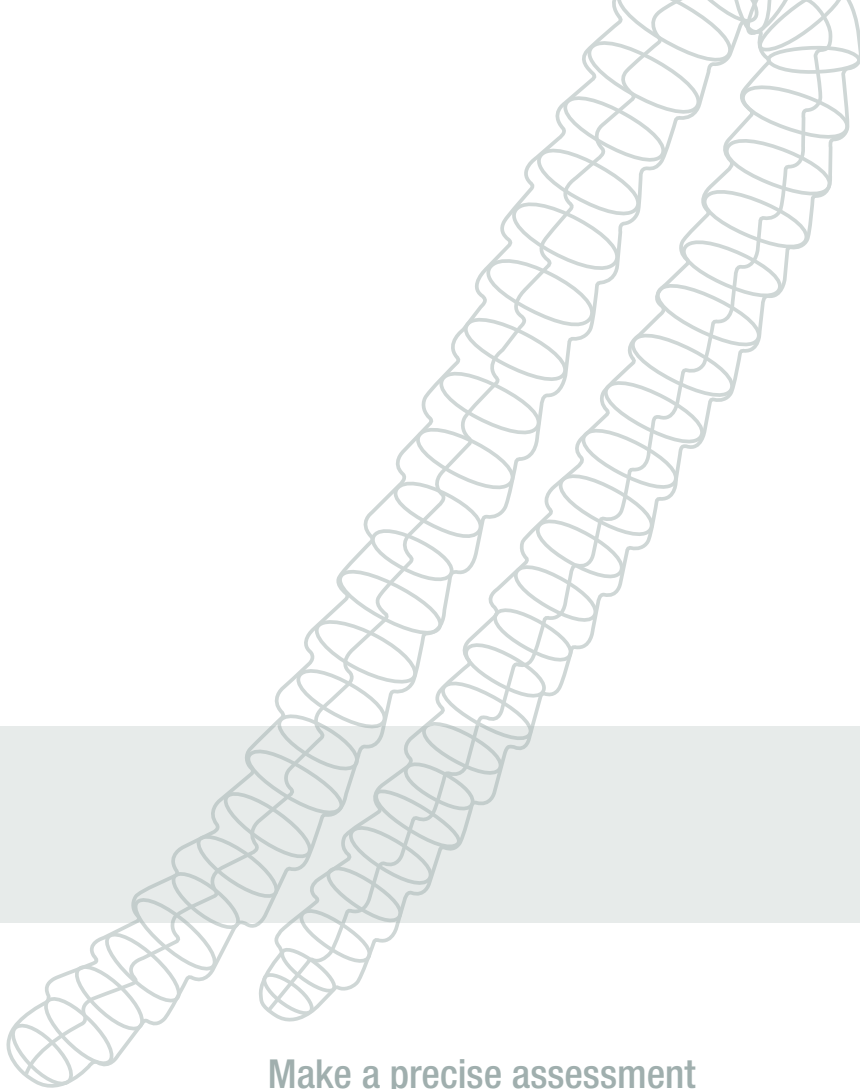
## Recommended test profile



### Did you know that?

- Birch trees, *Betula* spp. are endemic to the northern hemisphere and affect between 5–50 % of the population in Western Europe depending on the geographical region.<sup>4,5</sup>
- Birches belong to the Fagales tree order and the major birch pollen component Bet v 1 is a marker also for sensitization to other Fagales trees such as alder, beech, chestnut, hazel, hornbeam and oak.<sup>1,3</sup>
- Birch trees are potent pollen producers; a single birch tree can produce up to 100 million pollens per year.<sup>9</sup>
- Up to 80 % of birch pollen allergic patients have concomitant plant food allergies.<sup>4,10</sup>
- The SIT extract chosen for treatment should ideally contain appropriate concentrations of the components indicated as triggers of the symptoms.<sup>5,6,11</sup>
- SIT treatment is expensive and prescribed for several years. A correct diagnosis is therefore important.





## Make a precise assessment

ImmunoCAP Allergen Components help you differentiate between "true" allergies and cross-reactivity

## Make a substantiated decision

A better differentiation helps you give relevant advice and define the optimal treatment

## Make a difference

More informed management helps you improve the patient's well-being and quality of life

**References:** 1. Hauser M et al. Panallergens and their impact on the allergic patient. *Allergy, Asthma & Clinical Immunology*. 2010; 6–1. 2. Rossi RE et al. Sensitization profiles in polysensitized patients from a restricted geographical area: Further lessons from multiplexed component resolved diagnosis. *Eur Ann Allergy Clin Immunol*. 2011; 43(6): 171–175. 3. Hauser M et al. Bet v 1-like pollen allergens of multiple Fagales species can sensitize atopic individuals. *Clinical & Exp Allergy*. 2011; 41: 1804–181. 4. Vieths S et al. Current understanding of cross-reactivity of food allergens and pollen. *Ann N.Y Acad Sci*. 2002; 964: 47–68. 5. Sekerková A et al. Detection of Bet v 1, Bet v 2 and Bet v 4 specific IgE antibodies in the sera of children and adult patients allergic to birch pollen: evaluation of different IgE reactivity profiles depending on age and local sensitization. *Int Arch Allergy Immunol*. 2011; 154: 278–285. 6. Valenta R et al. Component-Resolved Diagnosis to Optimize Allergen-Specific Immunotherapy in the Mediterranean area. *J Invest Allergol Clin Immunol*. 2007; Vol 17, supplement 1: 88–92. 7. Schmid-Grendelmeier P. Recombinant allergens. For routine use or still only science? *Hautarzt*. 2010; 61(11): 946–53. 8. Schmidt-Andersen MB et al. Identification of European allergy patterns to the allergen families PR-10, LTP and profiling from Rosaceae fruits. *Clin Rev Allerg Immunol*. 2009; 41(1): 4–19. 9. [http://www.dmi.dk/eng/index/research\\_and\\_development/pollen-4.htm](http://www.dmi.dk/eng/index/research_and_development/pollen-4.htm). (Homepage of Danmarks Meteorologiske Institut, DMI) 10. Geroldinger-Simic M et al. Birch pollen-related food allergy: clinical aspects and the role of allergen-specific IgE and IgG4 antibodies. *J Allergy Clin Immunol*. 2011; 127 (3): 616–622. 11. Walker S.M et al. BSACI Guidelines: Immunotherapy for allergic rhinitis. *Clin Exp Allergy*. 2011; Sep; 41(9): 1177–200.

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**Head office Sweden** +46 18 16 50 00  
**Austria** +43 1 270 20 20  
**Belgium** +32 2 749 55 15  
**Brazil** + 55 11 3345 5050  
**China** +86 25 8960 5700  
**Czech Republic** +420 220 518 743  
**Denmark** +45 70 23 33 06  
**Finland** +358 9 3291 0110  
**France** +33 1 61 37 34 30

**Germany** +49 761 47 8050  
**Hong Kong** +852 2885 4613  
**India** +91 11 4610 7555/56  
**Italy** +39 02 64 163 411  
**Japan** +81 3 5365 8332  
**Korea** +82 2 2027 5400  
**Norway** +47 21 67 32 80  
**Portugal** +351 21 423 5350  
**South Africa** +27 11 792 6790

**Spain** +34 935 765 800  
**Sweden** +46 18 16 60 60  
**Switzerland** +41 43 343 4050  
**Taiwan** +886 2 2516 0925  
**The Netherlands** +31 30 602 37 00  
**United Kingdom/Ireland** +44 1 908 769 110  
**USA** +1 800 346 4364  
**Other countries** +46 18 16 50 00