



IS IT REALLY SOY ALLERGY?

How to better identify and manage soy allergic patients



Take the diagnosis and management of soy-allergic patients to a whole new level

Why is soy allergy complicated to identify?

- IgE-mediated allergy to soy might be the result of primary sensitization, but could also result from cross-reactivity to birch-related tree pollen and a variety of legumes.¹⁻⁵
- IgE positivity to soy may be the result of different cross-reactivities, some without clinical reactions to soy.^{6,7}
- For patients sensitized to birch pollen with a suspicion of soy allergy, it is recommended to extend the testing with Gly m 4, which can be underrepresented in available tests based on extracts.^{4,5,8}
- Without components, it can be difficult to identify if your patient's symptoms are actually due to soy.

Better identification of the soy-allergic patient ...

- The presence of specific IgE to the storage proteins Gly m 5 and Gly m 6 indicates real soy allergy and risk of severe reactions.^{2,3}
- Sensitization to Gly m 4, a PR-10 protein, is common in patients allergic to birch-related tree pollen and indicates risk of reactions to soy. The reactions are often local, but might also be systemic.^{4,5,8,9}

... results in improved patient management

- Evaluate your patient's risk of severe reactions to soy.
- Ensure relevant dietary advice and avoid unnecessary elimination.
- Define the optimal treatment for your patients.
- Proper diagnosis of patients with suspected soy allergy improves quality of life.



Results that help reduce risk

Suspicion of soy allergy – risk of severe reaction?

RECOMMENDED TEST PROFILE:

Soybean (f14), Gly m 4, Gly m 5 and Gly m 6

RESULTS:

Soybean (f14) + 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.

All soy components are needed for a complete risk assessment and indication of severe reactions

Did you know that?

- Soy protein is an important protein source worldwide.¹
- Up to 10 % of all patients with birch sensitization may also be at risk of reactions to soy, including risk of systemic reaction.⁵
- Cutaneous and gastrointestinal symptoms are the most common symptoms for soy allergy, but also severe and systemic reactions can occur.^{2,4,5}
- IgE antibodies to the Gly m 4 are often associated with local reactions, e.g. OAS. However, systemic reactions may occur, when consuming high amounts of low-processed soy, e.g. soy milk.^{4,5,8,9}
- Soy-allergic patients with IgE antibodies to Gly m 5 and/or Gly m 6 may also react to similar storage proteins, such as the peanut components Ara h 1 and Ara h 3.¹
- Soy can be a hidden allergen in a wide variety of processed foods such as meat products, sausages, bakery goods, chocolate or breakfast cereals.^{1,8}
- An increase in soy allergy is likely in many countries due to the promoted health benefits of soy products and the increasing popularity of Asian food.⁵

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

Proper management helps you improve the patient's well-being and quality of life.

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