

CLINICAL SPECIFICATIONS

BUCKWHEAT

Antigen Made From:

Whole Buckwheat kernel

Associated With:

Allergy¹
 Baker's asthma^{2,3}
 Celiac disease^{1,4}
 Contact urticaria^{2,3}
 Gluten sensitivity^{2,4}
 Nocturnal asthma⁵

Known Cross-Reactions: Latex,⁶ Glutamic Acid Decarboxylase-65,⁷ Triiodothyronine (T3)⁸

Clinical Significance:

The presence of antibodies to Buckwheat is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Although a gluten-free grain, Buckwheat has been shown to be antigenic in celiac and non-celiac gluten-sensitive patients.^{1,4} Inhalation of Buckwheat flour has also been reported to trigger occupational asthma^{2,3} and childhood nocturnal asthma.⁵ Special consideration should be made for patients who work in the baking industry. Due to cross-reactions, patients with elevated antibodies against Buckwheat should not have contact with latex products.

References:

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4. Skerritt et al. Chemistry, coeliac-toxicity and detection of gluten and related prolamins in foods. Panminerva Med, 1991; 33(2):65-74.
5. Lee et al. Three cases of childhood nocturnal asthma due to buckwheat allergy. Allergy, 2001; 56:763-766.
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