Title: Evaluation of IgE against 20 Common Allergens by Immunoblotting Method in Atopic Dermatitis Patients

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Abstract: Introduction: Stimulating the immune system by Exposure to various allergens to produce specific IgE has a significant role in the pathogenesis of atopic dermatitis. Identifying disease-causing allergens and prevention of exposure to those allergens and immunotherapy will play important role in the treatment of atopic disease. Purpose of this study was to determine the common allergens of East Azerbaijan in patients with atopic dermatitis. Materials and methods: In this study serum levels of total and specific IgE were measured by Western blot against 20 common allergens in 150 patients (mean age=29.02±14.79 years, 77 patients (51.3%) = male and 73 patients (48.7%) = female) with atopic dermatitis attending to dermatology clinics and asthma and allergy clinics from 2010 to 2011. Control group consisted of individuals who had been diagnosed healthy. Results: In the patients that were included in this study (90%) total IgE levels (mean=227.51±103 IU/ml) were higher than healthy people and 136 patients (90.6%) had specific IgE for at least one allergen. Most abundant allergens respectively related to: cultivated rye (48.6%), Timothygrass (42.9%), house dust mites (22.7%) Cat (16.7%), horse (10%), birch (11.3%), Potato (11.3%), dog (16.7%), egg white (8.7%), cow milk (8.7%). sagebrush, wheat, rice, fish, soybeans, nuts and apples had little frequency. Carrot was not detected in none of the cases. Conclusion: Identifying the abundant allergens such as Cultivated rye, Timothy grass, House dust mite, birch, Cat, Horse, Potato, Dog, Egg white, Cow milk in order to advise patients to avoid them or do immunotherapy and desensitization is useful in this area.

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