

Prevalence of Inhalant and Food Allergies after Skin Prick Testing in Patients with Resistant Allergic Rhinitis in Warm Humid Weather

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Objective: To evaluate the incidence of common food and inhalant allergies.

Design: A Retrospective Study.

Setting: Department of ENT, Bahrain Defense Force (BDF) Hospital.

Method: Patients' records with allergic rhinitis who were subjected to Skin Prick Testing (SPT) from January 2008 to January 2012 were reviewed.

Result: The population under study was almost equally distributed between both genders with minimal female predominance, 312 (52%). Age distribution of positive allergens was almost equally distributed among each decade from 10 to 50 years. Two hundred fifty-eight (43%) were found to have another associated allergic comorbid condition; bronchial asthma was the most common, 186 (31%). Dermatophagoides pteronyssinus was the most commonly encountered positive aeroallergen found in 252 (42%), while Walnut was found as the most prevalent food allergen 48 (8%).

Conclusion: In this study, inhalant allergens are more frequently encountered whereas food allergens are less among tested subjects. Weeds, dust mite and animal allergens are most common inhalant allergens. Morbidities associated with allergies are common in Bahrain. Allergic population in Bahrain is diverse in terms of nature of allergens.

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