

# **Food Allergy in three patients with Hyper IgE Syndrome**

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## **Abstract**

Hyper IgE syndrome (HIE) is a rare multisystemic disorder characterized by an increased susceptibility to infections associated with diverse immunologic and non-immunologic abnormalities. A detailed description of the nature of the food allergy and the effects of the treatment of this disorder in patients with HIE is lacking. We describe here three patients with HIE syndrome associated with food allergy. The diagnosis was made by a very detailed clinical history and confirmed by epicutaneous prick test and food challenge tests. The patients were three males, 8, 6 and 1 year-old respectively, with a history of rash, FTT, recurrent infections and high levels of IgE (11890, 9790 and 2340 U/mL). The skin prick test was positive for food, with the main allergens being cow's milk and eggs. The avoidance of these antigens led to improvement of the skin and reduced the incidence of infections.

There is a broad spectrum of diseases that cause extreme elevation of IgE (allergy, nephrotic syndrome, parasitic infections and immunodeficiency). The Hyper IgE syndrome is a phenotypic expression of several conditions. We conclude that the correct diagnosis and treatment of food allergies can help in the management of some patients with HIE syndrome.

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