

BESİN ALERJİLERİ TANI VE TEDAVİSİNDE GÜNCEL YAKLAŞIMLAR

3. BÖLÜM

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GİRİŞ

Besin alerjisi, alınan besin protein antijenine karşı gelişen, immün sistemin anormal bir yanıtı olarak tanımlanmaktadır ⁽¹⁾. Altta yatan immün mekanizma immünglobulin E (IgE) aracılı, hücre aracılı ya da miks tip olabilir ⁽²⁾. Tablo 1’de besin ilişkili alerjik hastalıklar altta yatan mekanizmaya göre özetlenmiştir.

Tablo 1. Besin İlişkili Alerjik Hastalıklar

<p>IgE aracılı</p> <ul style="list-style-type: none"> • Anafilaksi • Ürtiker/Anjioödem • Oral Alerji Sendromu • Rinokonjuktivit • Astım
<p>Miks Tip</p> <ul style="list-style-type: none"> • Atopik dermatit • Eozinofilik gastrointestinal hastalıklar • Astım
<p>Hücre Aracılı</p> <ul style="list-style-type: none"> • Besin proteini ilişkili enterokolit sendromu • Besin protein ilişkili proktokolit

Besin alerjisi; çocuklar ve aileler için hayat kalitesini etkileyen, önemli derecede morbidite nedeni olan ve hayatı tehdit eden anafilaksi gibi reaksiyonlarla da sonuçlanabilen bir sağlık problemidir.

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