

## **Artichoke Anaphylaxis**

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**Introduction:** Allergy to artichoke is extremely rare with only two prior documented cases without prolonged sensitization. Several cases have been documented of artichoke allergy found in vegetable warehouse workers exposed to artichokes for years prior to developing symptoms. Most of these allergies resulted in eczema and allergic rhinitis. Two cases have been documented of anaphylaxis secondary to artichoke ingestion, one which resulted in urticaria-angioedema, and the second in acute edema of the tongue. We report a patient without repeated exposure to artichoke, presenting with anaphylactic like reaction. Patient describes swelling and tingling of the lips, development of hives, and an upset stomach after ingesting artichoke dip on two separate occasions.

**Methods:** This is a case report of a 39 year old female evaluated for allergies. Skin testing was performed to evaluate allergies to inhalants. RAST testing was performed to evaluate food allergies.

**Results:** Scratch testing was positive for ragweed. RAST testing demonstrated positive allergies with corresponding IgE levels to dandelions of 4554 counts (score 3), artichokes of 2220 counts (score 2), chickory of 2978 counts (score 2), lettuce of 1863 counts (score 2), sunflower seeds of 789 counts (score 1), and watermelon of 1091 counts (score 1). Oral challenge is pending.

**Conclusion:** Artichoke allergy is extremely rare as this is only the third documented case without repeated prior exposure prior to development of the allergy. This case may represent a true, non-factory sensitization, anaphylaxis reaction or an extreme oral allergy cross reaction with ragweed.