APPENDIX 4: REFERENCES

ENGLISH BOOKS

G. Masterman (2011) What HIT me? Living with Histamine Intolerance: A guide to diagnosis and management of HIT - A patient's point of view, CreateSpace ISBN 978-1456365615

ARTICLES

2012

Déficit de actividad funcional de DAO. Acumulación dehistamina

Duelo A

Source: Medicos y Medicinas no.24, 28-30

Histaminintoleranz (HIT) Mit gezielter Anamnese zur richtigen Diagnose

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Allergieambulatorium Hall, Austria

Mit dem Krankheitsbild der Histaminunverträglichkeit ist man in der täglichen Praxis immer öfter konfrontiert. Die Patienten haben oft eine lange Reihe an Arztkonsultationen und Untersuchungen hinter sich. Zur sorgfältigen Diagnosestellung der Erkrankung ist auch der Ausschluss von Differenzial-diagnosen und die Untersuchung auf Komorbidi-täten wichtig.

Source: Der Deutsche Dermatologe 2•2012, p. 99-102

Involvement of human histamine N-methyltransferase gene polymorphisms in susceptibility to atopic dermatitis in korean children

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PURPOSE: Histamine N-methyltransferase (HNMT) catalyzes one of two major histamine metabolic pathways. Histamine is a mediator of pruritus in atopic dermatitis (AD). The aim of this study was to evaluate the association between HNMT polymorphisms and AD in children.
METHODS: We genotyped 763 Korean children for allelic determinants at four polymorphic sites in the HNMT gene: -465T>C, -413C>T, 314C>T, and 939A>G. Genotyping was performed using a TaqMan fluorogenic 5' nuclease assay. The functional effect of the 939A>G polymorphism was analyzed.
RESULTS: Of the 763 children, 520 had eczema and 542 had atopy. Distributions of the genotype and allele frequencies of the HNMT 314C>T polymorphism were significantly associated with non-atopic eczema (P=0.004), and those of HNMT 939A>G were significantly associated with eczema in the atopy groups (P=0.048). Frequency distributions of HNMT -465T>C and -413C>T were not associated with eczema. Subjects who were AA homozygous or AG heterozygous for 939A>G showed significantly higher immunoglobulin E levels than subjects who were GG homozygous (P=0.009). In U937 cells, the variant genotype reporter construct had significantly higher mRNA stability (P<0.001) and HNMT enzyme activity (P<0.001) than the common genotype.
CONCLUSIONS: Polymorphisms in HNMT appear to confer susceptibility to AD in Korean children.

Source: Allergy Asthma Immunol Res. 2012 January; 4(1): 31–36.

Leitlinie (Guidline) Vorgehen bei Verdacht auf Unverträglichkeit gegenüber oral aufgenommenem Histamin. Leitlinie der Deutschen Gesellschaft für Allergologie und klinische Immunologie (DGAKI), der Gesellschaft für Pädiatrische Allergologie und Umweltmedizin (GPA) und des Ärzteverbandes Deutscher Allergologen (ÄDA)

Reese I et al.

Nahrungsmittelunverträglichkeiten sind deutlich seltener objektiv nachweisbar als subjektiv empfunden. Insbesondere zum wissenschaftlichen Kenntnisstand nichtallergischer Überempfindlichkeitsreaktionen bestehen große Defizite. Ein Beispiel ist die Histaminunverträglichkeit, die aufgrund der starken Thematisierung in den Medien und im

Internet von Betroffenen oftmals als Auslöser ihrer Gesundheitsbeschwerden vermutet wird. Die wissenschaftliche
Evidenz für die postulierten Zusammenhänge ist begrenzt, eine verlässliche Laborbestimmung zur definitiven Diagnose nicht vorhanden. Obwohl wissenschaftliche Untersuchungen zur Unverträglichkeit gegenüber exogen zugeführtem Histamin bisher ausschließlich bei Erwachsenen durchgeführt wurden, wird die Diagnose auch bei Kindern und Jugendlichen gestellt, mit oftmals einschneidenden Konsequenzen für den Speiseplan der Betroffenen. Die vorliegende Leitlinie der Arbeitsgruppe Nahrungs mittelallergie der Deutschen Gesellschaft für Allergologie und klinische Immunologie (DGAKI) in Zusammenarbeit mit dem Ärzteverband Deutscher Allergologen (ÄDA) und der Gesellschaft für Pädiatrische Allergologie und Umweltmedizin (GPA) fasst wichtige Aspekte zur Histaminunverträglichkeit und deren Konsequenzen für die Diagnostik und Therapie zusammen.

Source: Allergo J 2012; 21 (1): 22–28

[Diagnostic and therapeutic procedure for two popular but quite distinct adverse reactions to food - fructose malabsorption and histamine intolerance]. [Article in German]

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Claiming to suffer from adverse food reactions is popular. In contrast to the classical food allergy, there are some pathomechanisms which are evidently dose-dependent. Thus the procedure in diagnosis and therapy must undoubtedly differ from the practice when food allergy is suspected or proven. Nevertheless many patients suffering from dose-dependent adversereactions to food are given strict elimination diets, which is neither necessary nor helpful and decreases their quality of life broadly. This holds especially true for fructose malabsorption and histamine intolerance. For the latter, the term adverse reaction to ingested histamine is preferred, because histamine intolerance implies that symptoms are caused entirely by an enzyme defect. Why this is not very likely to be the only reason is discussed in this article. Both adverse reactions require an individual approach especially with regard to nutrition therapy. Therefore the task of diagnosis should be to establish an individual profile of tolerated and not tolerated foods taking into account that tolerance can greatly vary by meal composition, frequency and individual triggering factors. In view of this, therapeutic recommendations should not be based on the absolute quantities of the eliciting substance to be eliminated but on a feasible transfer into daily life. Thereby food restriction can be minimized and a high quality of life will be maintained.

Source: Ther Umsch. 2012 Apr; 69(4):231-7.

A Case of Histamine Fish Poisoning in a Young Atopic Woman

Wilson BJ, Musto RJ, Ghali WA

Histamine fish poisoning, also known as scombroid poisoning, is a histamine toxicity syndrome that results from eating specific types of spoiled fish. Although typically a benign syndrome, characterized by self-limited flushing, headache, and gastrointestinal symptoms, we describe a case unique in its severity and as a precipitant of an asthma exacerbation.A 25-year-old woman presented to the emergency department (ED) with one hour of tongue and face swelling, an erythematous pruritic rash, and dyspnea with wheezing after consuming a tuna sandwich. She developed abdominal pain, diarrhea and hypotension in the ED requiring admission to the hospital. A diagnosis of histamine fish poisoning was made and the patient was treated supportively and discharged within 24 hours, but was readmitted within 3 hours due to an asthma exacerbation. Her course was complicated by recurrent admissions for asthma exacerbations.

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2011

Treatment of Atopic Dermatitis with a Low-histamine Diet

Chung BY, Cho SI, Ahn IS, Lee HB, Kim HO, Park CW, Lee CH.
Source

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Atopic dermatitis (AD) has numerous trigger factors. The question of whether foods can aggravate AD remains open to debate. Although a number of published papers have detailed the relationship between food allergies and AD, little research has examined the question of how food intolerance affects AD. For the purposes of this study, a six-year-old Korean boy with AD was admitted to the hospital for evaluation of the possibility of food, particularly pork, as a triggering factor in his skin