MANIFESTO

Definition of Allergens 2013

Is there a need for Seasonal & Perennial?
Canonica G.W.
Baena Cagnani C.E.
Bousquet J.
Pawankar R.
Zuberbier T.
Reasons for NOT using the classification of SEASONAL or PERENNIAL Allergens anymore

1. Limitations due to the current Nomenclature
2. More suitable treatment management related to a different definition
3. Eligibility of Patients to some treatments
4. Evidence of the Validation of “Intermittent” or “Persistent”.
We know

SUPPORTING A NEW DEFINITION is important due to the following:

• Modification of Pollen Counts related to Climate Changes

• The current definition doesn’t work for occupational, mite and pet allergens

• Polysensitization in the vast majority of patients

• Cross-reactivity and PanAllergens
ALLERGY SEASONS

• The period and duration of pollen seasons (of the same pollen allergen) are different in different regions, both in terms of pollen counts and in terms of days.
• Mite Allergens, usually referred to as “perennial” allergens have a seasonality too.
• Minimal Persistent Inflammation in the target organs, in symptom-free patients, has been described during the exposure to pollens (subclinical threshold) as demonstrated in patients with allergy to mites.
• The concept of seasonality cannot be applied to occupational, mite and pet allergens.
• A variability exists in skin sensitivity (skin prick test) to the same aeroallergens.
Modification of Pollen Counts related to Climate Changes

- A typical example of the influence of the Climate Changes on Pollen presence in the air is provided by a 27 years follow up of the pollen counts in the same region, demonstrating an increased presence of the Parietaria Officinalis pollen. 85 more days in a year, for a total of over 250 days.

- A persistent allergen exposure of 6 weeks a year shouldn’t be referred as *seasonal*. 

We know............
**We know............**

*Polysensitization in the vast majority of patients*

- The vast majority of patients, in clinical practice, are *polysensitized*, reporting a clinical history of symptoms related to both pollens and mites/pets/molds.
- The vast majority of patients display multiple skin test positivities, concurring with the above mentioned point.
We know............

Cross-reactivity and PanAllergens

• Molecular Allergy Diagnosis is a current reality capable of demonstrating the presence of cross reactivities or the presence of Pan-allergens.
• Cross reactivity of food allergens/inhalant allergens can also be detected.
• Molecular Allergy Diagnosis is a useful tool for appropriate prescription of Allergen Immunotherapy.
We advocate........

- A change in the definition of seasonal vs perennial allergens
- A change in the guidelines to reflect the overlap between seasonal and perennial allergens
- The removal of the terms seasonal vs perennial
- A change in the treatment approach to managing allergic diseases that reflects the overlap between seasonal vs perennial.
  - To also take into account polysensitisation
  - Pets/environmental
- Contact vs aeroallergens
We Recommend....

• The replace the terms seasonal and perennial with the classification “intermittent” and “persistent” disease/exposure to allergens.

• This change of approach should be reflected in the treatment approach to managing allergic diseases that reflects the overlap between seasonal vs perennial allergens.

• This should lead to an update of the Asthma, Immunotherapy and Atopic Dermatitis guidelines
References

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