



## RESPONSE TO THE LETTER TO THE EDITOR

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## Anaphylaxis due to green beans (*Phaseolus vulgaris*): A new phenotype?

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Dear Editor,

Thank you for giving me this opportunity to respond to the letter from Öner Özdemir and Hacer Efnan Melek Arsoy regarding our article “Anaphylaxis due to green beans (*Phaseolus vulgaris*): A new phenotype?” published in *Allergologia et Immunopathologia*. We appreciate the interest in our work and the comments provided. We have carefully reviewed the points raised and would like to address them as follows:

- Regarding the foods implicated in anaphylaxis, geographical differences, dietary habits, and the age groups studied result in diverse findings in published studies, as indicated by Hacer Efnan Melek Arsoy and Öner Özdemir. According to data from the Alergológica 2015<sup>1</sup> study, the most frequently implicated foods in anaphylaxis in Spain were fish, eggs, nuts, fruits, and legumes. When mentioning the foods that cause anaphylaxis in our article, our intention was not to establish a ranking but simply to provide a list.
- It is true and also well known by our team that the way a food is prepared can alter the allergic response to it.<sup>2-4</sup> In this case, since beans are consumed cooked rather than raw in Spain, as may also be the case with other foods, we did not consider it necessary to include this aspect in the discussion. The SDS-PAGE/IgE (Sodium

Dodecyl Sulfate-Polyacrylamide Gel Electrophoresis/Immunoglobulin E)-western blot analysis provides ample and understandable results.

- As previously described, the cross-reactivity of olive pollen as a cause of anaphylaxis is associated with fruits, not legumes.<sup>5</sup> The patient had not reported oral allergy syndrome (OAS) with foods prior to the episode. Although some symptoms overlap with OAS, she developed pruritic papules on the thorax and upper extremities when the prick + prick test was performed with raw and cooked green beans, leading us to diagnose anaphylaxis rather than OAS.
- Minor point: We did not want to alter the original figure, and the reason why it is in Spanish.

In summary, we value the scientific discussion and appreciate the opportunity to clarify these aspects. We hope our response provides clarity and contributes to a constructive dialogue on this topic.

### References

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