

ARE FRUITS AND VEGGIES MAKING YOUR MOUTH ITCHY?

You may have oral allergy syndrome (OAS).

SPRING

trees



SUMMER

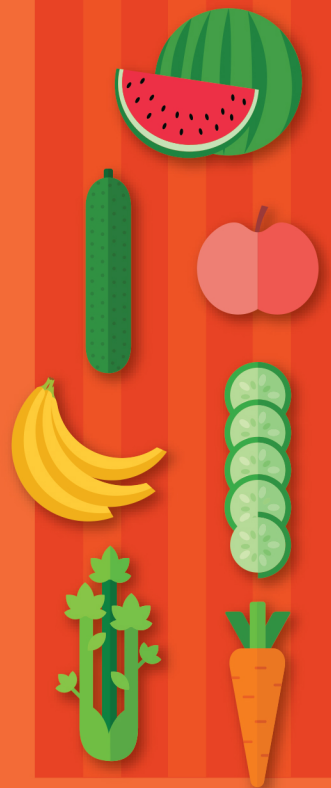
grasses



SIGNS:
Itching or swelling
of the mouth, lip,
tongue or throat.

FALL

weeds



OAS is an allergic reaction to fruits and vegetables that have similar proteins to certain pollens.

TIPS & TREATMENT:

- **Avoid raw foods** that cross-react with your pollen allergens.
- Take **oral antihistamine medications** to relieve mild symptoms.
- **Bake or cook foods** to degrade the protein and eliminate the cross reaction.
- Eat **canned fruits or vegetables** during your pollen season.
- **Peel the food**, as the protein is often concentrated in the skin.

Call an allergist when OAS symptoms get worse or occur when eating nuts.