In the framework of the Third Skin Allergy Meeting (SAM) organised by the European Academy of Allergy and Clinical Immunology (EAACI) in Krakow, Poland

Faster and accurate identification of drugs causing allergic reactions: a great relief for patients

- **A new diagnostic set to become the regular method for the diagnosis of cutaneous adverse drug reactions is faster, safe and easy to perform**

- **Allergic skin diseases are among the most frequently misunderstood diseases that allergists have to deal with**

- **Experts confirm that better and faster diagnosis will help improve the quality of life of patients with allergic skin diseases**

Krakow (Poland), 18 September 2014 – Medication is a major pillar in the management of many diseases. But for some patients, their use can have detrimental effects including cutaneous adverse drug reactions (CADR), a common form of allergic skin disease, what can seriously impact on their quality of life. For allergists, CADR can prove time-consuming, especially with regard to diagnosis, since they often require the use of more than one analytic system to find the drug causing the allergy.

Until recently, no universal method has been available, despite intensive research in this field over the preceding decades. However, the diagnosis of CADR could now improve significantly thanks to a new method developed by a group of researchers led by **Dr Grzegorz Porebski, Jagiellonian University, Department of Clinical and Environmental Allergology (Krakow, Poland).**

Faster, safer, more accurate and widely available

The new technique is faster and more accurate than existing methods as it allows the accurate identification of the drug causing the reaction:

"*People usually take more than one drug together and it's impossible to withdraw all this medication immediately. Patients would like to know which drug they can continue using and which one not, and this is a big challenge***.** *Now they have a new tool that can improve the causality diagnosis to exclude the drug which has caused the allergy and it can be used in quite a large group of people affected by these reactions,"* explains **Dr Porebski.**

In addition, the method is safer because it doesn't require exposure of the patient to the drug, as it is performed in vitro with a blood sample. Another advantage is that the

technique is easy to perform and could be easily available in health centres, as opposed to other methods which are more expensive and therefore not accessible to all patients.

This new diagnostic method has been studied in a drug whose use is widespread among Europeans – carbamazepine – which is prescribed in cases of epilepsy, psychiatric disorders or neurophatic pain. However, the study is also to confirm the method's efficiency in the use of antibiotics and new phases will be extended to other drugs.

Dr Porebski will present the implications of this new method at the **Third Skin Allergy Meeting (SAM)** organised by the **European Academy of Allergy and Clinical Immunology (EAACI)**. The meeting is being held in Krakow, Poland, starting today until Saturday. Europe's leading researchers and clinicians in the field of skin allergy are gathering at SAM to share their expertise with participants on a wide range of topics from contact dermatitis, atopic eczema, urticaria and angioedema, to mastocytosis and anaphylaxis, drug and food allergies and the skin, diagnostics in skin allergy and hand eczema.

Common diseases

Allergies can be seen in almost every organ. Most commonly, however, it is the skin and the mucous membranes that are involved since they represent the frontier between the individual and their environment. Despite being so common, allergic skin diseases are among the least understood, and most frequently misunderstood, diseases the allergists have to deal with.

The umbrella term for a local inflammation of the skin should be dermatitis. What is generally known as "atopic eczema/dermatitis" is not one, single disease but rather an aggregation of several diseases with certain characteristics in common.

According to **Professor Radoslaw Spiewak**, **Professor and Head of the Department of Experimental Dermatology and Cosmetology of the Jagiellonian University Medical College** and **President of the Local Organising Committee for the EAACI SAM**, one of the common mistakes that allergists make is to consider all forms of eczema as atopic dermatitis. Another frequent error is to blame food allergy as the major cause of allergic skin diseases. Moreover, various types of eczema may co-exist in a patient, overlapping, and being replaced by one another. Sometimes, this situation occurs without being noticed by patient or doctor. Despite a similar appearance, the diversity of mechanisms underlying allergic skin diseases requires diverse and complex approaches.

For more information about SAM 2014, please visit www.eaaci-sam.org.

About EAACI

The European Academy of Allergy and Clinical Immunology (EAACI) is a non-profit organisation active in the field of allergic and immunologic diseases such as asthma, rhinitis, eczema, occupational allergy, food and drug allergy, and anaphylaxis. EAACI was founded in 1956 in Florence and has become the largest medical association in Europe in the field of allergy and clinical immunology. It includes over 8,000 members from 121 countries, as well as 47 National Allergy Societies.

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