

Case Report: Allergic to exercise!

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Summary

Exercise induced anaphylaxis is a syndrome in which symptoms of anaphylaxis develop after physical activity. We describe the management of a case of exercise induced anaphylaxis (EIA) in a 20-year-old primigravida presenting at 37 weeks gestation. A live baby was delivered, and the patients perioperative course was uneventful. No complication was observed. The patient and baby were discharged forty eight hours after delivery. The epidemiology of EIA is discussed along with management options for pregnancy.

Exercise-induced anaphylaxis (EIA) is a syndrome in which the symptoms of anaphylaxis occur after physical activity. EIA causes a lowering of the mast cell degranulation threshold, which leads to release of histamine and other mediators. This may progress from pruritis and urticarial rash to the symptoms of anaphylaxis.¹ It is said to have a prevalence of around 9% of total episodes of childhood anaphylaxis and 20% in those older than 8 years of age in USA.¹