

# Anaphylaxis in Portugal: results from a decade of an allergy society registry

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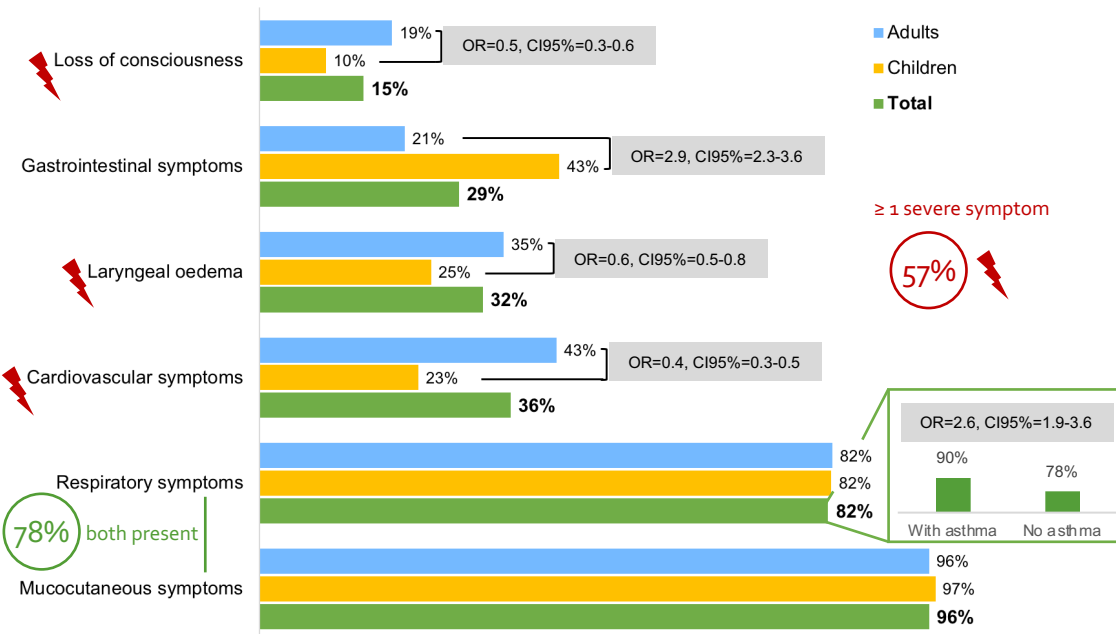
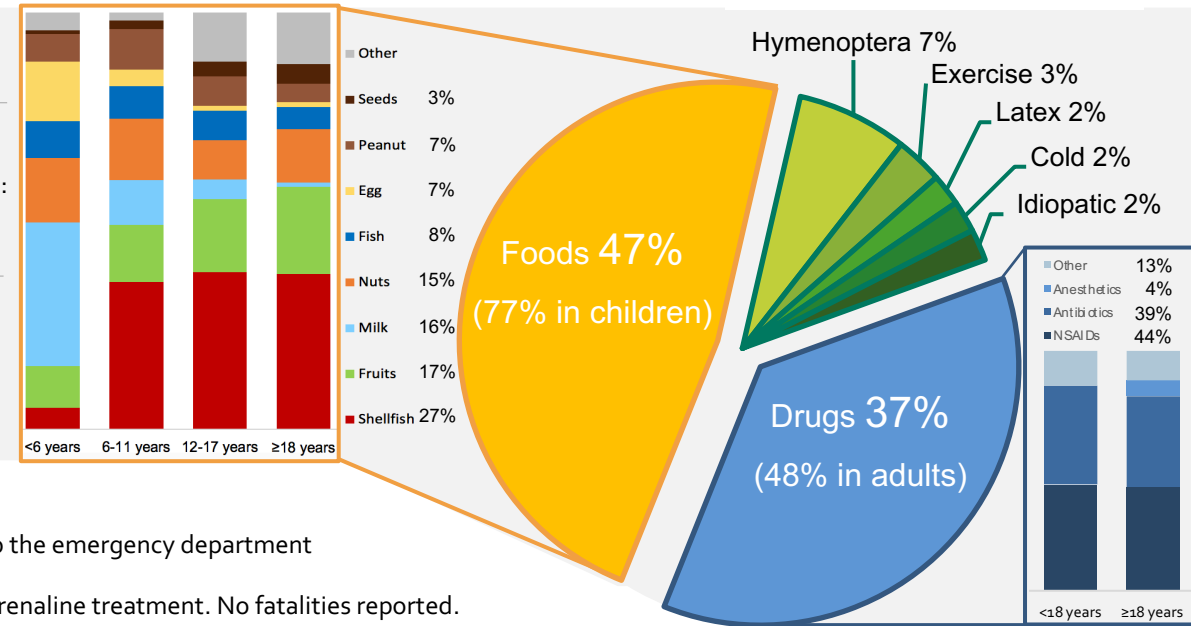
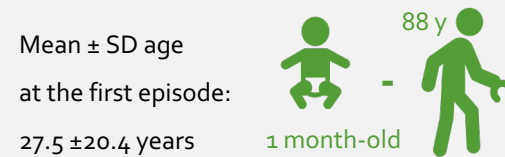
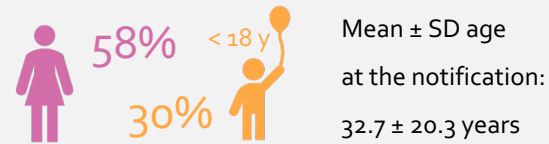
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## 2007 - 2017

- Nationwide notification system for anaphylaxis with voluntary reporting by allergists
- Structured questionnaire returned by letter, fax, e-mail or online
- All notifications received were evaluated and validated by SPAIC Anaphylaxis Interest Group

## 1783 patients



80% admitted to the emergency department

43% received adrenaline treatment. No fatalities reported.

Anaphylaxis recurrence occurred in 41% of patients (21% with ≥ 3 anaphylactic episodes)

In subsequent reactions, an adrenaline autoinjector device was used in 119 patients (7%)

## Conclusions

Food has been the leading cause of anaphylaxis seen by allergists in Portugal, especially at pediatric age.

Drugs were the main elicitors in adults.

We highlight undertreatment with adrenaline and recurrent episodes, pointing to the need to improve diagnostic and therapeutic approaches of anaphylaxis.