

[ PICTURES IN CLINICAL MEDICINE ]

## Anaphylaxis Induced by *Anisakis*

Kiyoshi Shikino and Masatomi Ikusaka

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Picture 1.



Picture 2.

A 43-year-old man presented with a 3-h history of itching of the eyelids and dyspnea. He had experienced epigastric pain two days earlier after eating raw bonito. A physical examination revealed wheezing and a facial rash (Picture 1). He immediately received intramuscular epinephrine 0.5 mg with intravenous hydrocortisone 100 mg, and his anaphylaxis symptoms improved. Upper gastrointestinal endoscopy performed the following day showed *Anisakis simplex* larvae attached to the gastric mucosa (Picture 2). The worms were removed, and his epigastric pain disappeared. Laboratory testing for IgE antibodies specific to *A. simplex* was positive, and *Anisakis*-induced anaphylaxis was diagnosed. Approximately 20,000 cases of anisakiasis have been reported worldwide, and over 90% of the cases have occurred in Japan (1). *A. simplex* is the most common hidden food allergen responsible for acute or chronic urticaria and up to 10% of anaphylactic episodes in adults that had previously been

diagnosed as idiopathic (2).

**The authors state that they have no Conflict of Interest (COI).**

### References

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Department of General Medicine, Chiba University Hospital, Japan

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Correspondence to Dr. Kiyoshi Shikino, [kshikino@gmail.com](mailto:kshikino@gmail.com) and [kshikino@chiba-u.jp](mailto:kshikino@chiba-u.jp)

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