Suspicion of soy allergy – risk of severe reaction?

**RECOMMENDED TEST PROFILE:**
Soybean (f 14), Gly m 4, Gly m 5 and Gly m 6

**RESULTS:**
- Soybean (f 14) +
- Gly m 4 +
- Gly m 5 / Gly m 6 +

 risk of severe reactions to soy

+/- + -

Often associated with local reactions*

*Systemic reactions may occur, particularly in patients allergic to birch-related tree pollens when consuming high amounts of low-processed soy, e.g. soy milk.*
Risk assessment of soy allergic patients

**PROTEIN GROUPS:**

**Storage proteins:**
- Gly m 5
- Gly m 6
  - Associated with severe reaction
  - Stable to heat and digestion

**PR-10 protein:**
- Gly m 4
  - Associated with both systemic reactions and local reactions, e.g. OAS
  - Labile to heat and digestion
  - Associated with allergy to birch and birch-related tree pollens

**FACTORS TO CONSIDER:**
- Birch pollen-allergic or not
- Level of exposure
- Level of specific IgE
- Age of the patient

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