



## Case #2

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**Answer it:**

**[bit.ly/July12Q2](https://bit.ly/July12Q2)**



**A 45 year old F comes to clinic concerned she has developed a new food allergy. She has had multiple episodes over the last few months, each less severe than previous. She has noted that each episode involved eating a steak or hamburger for dinner, and then waking up in the middle of the night with hives, trouble breathing, some nausea, and mild lip swelling. The first time she went to the emergency room, but since then has managed with antihistamines.**

# What is the most likely diagnosis?

- ☐A) IgE-mediated reaction to beef protein
- ☐B) IgE-mediated reaction to mammalian carbohydrate
- ☐C) Food-dependent exercise-induced anaphylaxis
- ☐D) Idiopathic anaphylaxis

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**Responses**