MAYO CLINIC LABORATORIES

Test Definition: BLWRF

Walnut-Food, IgE, with Reflex to Walnut-Food Components, IgE, Serum

Overview

Useful For

Evaluation of patients with suspected walnut-food allergy

Reflex Tests

Test Id	Reporting Name	Available Separately	Always Performed
BLWX	Walnut-Food Components, IgE, S	No	No

Testing Algorithm

Testing begins with analysis of walnut-food-specific total IgE. If the walnut-food-specific total IgE result is negative (<0.10 kU/L), testing is complete.

If the walnut-food-specific total IgE result is 0.10 kU/L or more, then the walnut-food component (Jug r 1 and Jug r 3) testing will be performed at an additional charge.

Special Instructions

- Allergens - Immunoglobulin E (IgE) Antibodies

Highlights

The determination of the relative amount of IgE antibody to total walnut-food, and IgE antibodies to specific walnut-food components, may aid in assessment of the potential strength and type of allergenic response to walnut-food.

IgE antibody to total walnut-food will be initially tested.

If detectable total walnut-food-specific IgE antibody is present, additional component walnut-food allergen antibody testing will be performed. This is comprised of testing for IgE antibodies to the potential allergens Jug r 1 and Jug r 3.

Method Name

Fluorescent Enzyme Immunoassay (FEIA)

NY State Available

Yes

Specimen

Specimen Type

Serum

Ordering Guidance

For a listing of allergens available for testing, see Allergens - Immunoglobulin E (IgE) Antibodies.

Specimen Required

Supplies: Sarstedt Aliquot Tube, 5 mL (T914)
Collection Container/Tube:
Preferred: Serum gel
Acceptable: Red top
Submission Container/Tube: Plastic vial
Specimen Volume: 1 mL Serum
Collection Instructions: Centrifuge and aliquot serum into a plastic vial.

Forms

If not ordering electronically, complete, print, and send an Allergen Test Request (T236) with the specimen.

Specimen Minimum Volume

Serum: 0.6 mL

Reject Due To

Gross hemolysis	OK
Gross lipemia	OK
Gross icterus	OK

Specimen Stability Information

Specimen Type	Temperature	Time	Special Container
Serum	Refrigerated (preferred)	14 days	
	Frozen	90 days	

Clinical & Interpretive

Clinical Information

Allergies to tree nuts are relatively prevalent and can result in severe reactions. The main culprits in tree nut allergies include walnut, almond, pistachio, cashew, pecan, hazelnut, macadamia, Brazil nut, and pine nuts. Tree nut allergy often appears in young children and estimates of prevalence range from 0.1% to greater than 5% of the population, dependent on geographical region.

In the case of nut-induced allergic reactions, as with many other foods, symptoms usually present within minutes of ingestion. Over 80% of reactions to tree nuts involve allergy related respiratory symptoms. Tree nut allergies are one of

the most dangerous types of allergic reaction with 20% to 40% of cases of related anaphylaxis, and 70% to 90% of fatalities attributable to nut exposure (including peanut exposure).

Walnut is a relatively common cause of allergic reactions to tree nuts with an overall population occurrence of 0.7%. Allergy to walnut is often persistent over a lifetime and can be severe. Walnuts can cause sensitization by means of walnut pollens/dust particles in processing industries. Allergy related common symptoms observed are nausea, vomiting, pruritus, abdominal pain, urticaria, angioedema, diarrhea, asthma, and anaphylaxis. Walnuts and pecans are related species, and there is significant potential for cross-reactively between them.

Jug r 1 is a prevalent component protein associated with systemic walnut allergy. In a study observed among patients with systemic allergic reactions to walnuts (n=16), 75% showed IgE binding to Jug r 1, Jug r 1 is the most specific and has the highest positive predictive value for walnut allergic and, thus, is considered the major component protein for walnut allergy diagnosis. It is a persistent storage protein component (2s albumin) that is both heat and digestion stable. Cross-reactivity of 2S albumins with those of other plant sources, such as black walnut, Brazil nut, pecan, mustard, Corylus (common hazel), and sesame, may occur.

Jug r 3 is a lipid transport protein (LTP) that is also a major allergen in walnut. This protein is resistant to heat/digestion. This component allergen is associated with the risk of severe reactions (food-induced contact urticaria, oral allergy syndrome, gastrointestinal symptoms, and anaphylaxis). Approximately 75% of individuals with walnut allergy show reactivity to this component.

Significant association of the presence of IgE antibodies between Jug r 3 (walnut) and Cor a 8 (hazelnut) suggests potential for co-sensitization. Other foods that contain LTP proteins, such as peach, cherry, hazelnut, almond, and peanut (Ara h 9 component) may also exhibit cross reactivity and co-sensitization to individuals with IgE antibodies against Jug r 3.

Positive antibody to total walnut specific test results may be observed with concurrent negative Jug r 1 and Jug r 3 component protein antibody test results when there is sensitization to other walnut component proteins and/or pollens containing profilins and other proteins.

Reference Values

Class	IgE kU/L	Interpretation
0	<0.10	Negative
0/1	0.10-0.34	Borderline/Equivocal
1	0.35-0.69	Equivocal
2	0.70-3.49	Positive
3	3.50-17.4	Positive
4	17.5-49.9	Strongly positive
5	50.0-99.9	Strongly positive
6	> or =100	Strongly positive

Concentrations of 0.70 kU/L or more (class 2 and above) will flag as abnormally high.
Reference values apply to all ages.

Interpretation

When detectable total walnut-food IgE antibody is present (> or =0.10 IgE kUa/L), additional specific component IgE antibody testing will be performed. If at least one potential specific allergenic walnut-food component IgE is detectable (> or =0.10 IgE kUa/L), an interpretive report will be provided.

When the sample is negative for total walnut-food IgE antibody (<0.10 IgE kUa/L), further testing for specific walnut-food component IgE antibodies will not be performed. Negative IgE results for total walnut-food antibody may indicate a lack of sensitization to potential walnut-food allergenic components.

Cautions

Clinical correlation of results from in vitro IgE testing with patient history of allergic or anaphylactic responses to walnuts is recommended.

Negative results for IgE antibodies to walnut and walnut allergenic components do not completely exclude the possibility of clinically relevant allergic responses upon exposure.

Positive results for IgE antibodies to walnut or any potential walnut allergenic components are not diagnostic for walnut allergy and only indicate patient may be sensitized to walnut or a cross-reactive allergen.

Testing for IgE antibodies may not be useful in patients previously treated with immunotherapy to determine if residual clinical sensitivity exists or in patients whose medical management does not depend upon the identification of allergen specificity.

False-positive results for IgE antibodies may occur in patients with markedly elevated serum IgE (>2500 kU/L) due to nonspecific binding to allergen solid phases.

Cross-reacting carbohydrate determinants may also result in positive total walnut specific IgE testing.

Clinical Reference

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Performance

Method Description
Specific IgE from the patient's serum reacts with the allergen of interest, which is covalently coupled to an ImmunoCAP. After washing away nonspecific IgE, enzyme-labeled anti-IgE antibody is added to form a complex. After incubation, unbound anti-IgE is washed away, and the bound complex is then incubated with a developing agent. After stopping the reaction, the fluorescence of the eluate is measured. Fluorescence is proportional to the amount of specific IgE present in the patient's sample (ie, the higher the fluorescence value, the more IgE antibody is present).(Package insert: ImmunoCAP System Specific IgE FEIA, Phadia; Rev 06/2020)

PDF Report
No

Day(s) Performed
Monday through Friday

Report Available
Same day/1 to 3 days

Specimen Retention Time
14 days

Performing Laboratory Location
Mayo Clinic Laboratories - Rochester Superior Drive

Fees & Codes

Fees

- Authorized users can sign in to Test Prices for detailed fee information.
- Clients without access to Test Prices can contact Customer Service 24 hours a day, seven days a week.
- Prospective clients should contact their account representative. For assistance, contact Customer Service.

Test Classification

This test has been cleared, approved, or is exempt by the US Food and Drug Administration and is used per manufacturer's instructions. Performance characteristics were verified by Mayo Clinic in a manner consistent with CLIA requirements.

CPT Code Information

86003

LOINC® Information

Test ID	Test Order Name	Order LOINC® Value
BLWRF	Walnut-Food Component Reflex, S	6273-7

Result ID	Test Result Name	Result LOINC® Value
BLW1	Walnut-Food, IgE, S	6273-7