

INTOLERANCE TO FOOD ADDITIVES AND HALITOSIS: A CASE REPORT

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Contrary to common believing, the prevalence of food additives intolerance in the general population is rather low. Nowadays, many doubts persist regarding both pathogenetic mechanisms and clinical and diagnostic aspects. Symptoms due to (or exacerbated from) food additives, usually involve and are usually less severe of those induced by food allergy. The most frequent clinical feature of the intolerance to food additives still remains the urticaria-angioedema syndrome, although these substances are really involved only in a minority of patients with halitosis.

Other possible clinical features include anaphylaxis, atopic eczema, behaviour disturbances, asthma and non-allergic rhinitis. The diagnostic approach consists of diary cards, reporting symptoms and food habits, diet, etc. However, such procedures still remain poorly standardized and uncertainties persist with regard to interpret the challenges results. Therapeutic approach consists of exclusion of foods and products containing the additive involved.