Verlage

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Titel des Beitrags:
Fish Consumption, Allergic Sensitisation and Allergic Diseases in Adults

Abstract:
Background: Previous studies have suggested that fish intake plays a protective role in the development of allergic diseases because of its high content of n-3 very long chain polyunsaturated fatty acid (VLC-PUFA). However, it is not clear whether fish intake also has a beneficial effect in adulthood, when allergic diseases are thought to be predominantly manifested. Methods: Data from 388 adults from German study centres within the European Community Respiratory Health Study II were analysed. These subjects completed an extensive interviewer-administered questionnaire as well as a food frequency questionnaire, lung function measurement and blood drawing for specific IgE testing at the study centre. Results: Allergic sensitisation (RAST ≥2) was negatively associated with high fish consumption (adjusted OR 0.20, 95% CI 0.05–0.83) and high docosahexaenoic acid (DHA) intake (adjusted OR 0.26, 95% CI 0.07–0.95) in females but not in males when comparing the fourth quartile with the first quartile of intake. No other outcome was related to fish or DHA consumption. Conclusions: The findings of this study suggest that adult females with a high fish and DHA intake have a lower rate of allergic sensitisation. It is not understood why this association was only seen in females, but gender-related differences in metabolism of PUFAs could be a possible explanation.