

# Increase in number of patients being treated for alpha-gal

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achieved by avoiding being bitten by ticks. Tips for avoiding ticks include walking in the center of trails, avoiding wooded or overgrown areas, use of Permethrin-treated boots and clothing during camping or hunting trips, and use of DEET-containing insect repellants.

"More doctors are becoming aware of this syndrome and once identified, more tests have become commercially available for allergist to order for their [patients](#)," Andrew S. Nickels, M.D., assistant professor of Medicine and Pediatrics and an allergist from ASAP, said in a statement.

**More information:** [More Information](#)

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(HealthDay)—There has been an increase in the number of patients being treated for Galactose-alpha-1,3-galactose (alpha-gal) syndrome, according to a report from the Vanderbilt University Medical Center's Asthma, Sinus and Allergy Program (ASAP).

The number of patients diagnosed and treated for alpha-gal was minimal five years ago. At ASAP, allergists have diagnosed and are currently treating 160 patients with alpha-gal [syndrome](#). The increase is attributed to improved understanding of presentation of alpha-gal and improved [diagnostic testing](#).

First reports of delayed anaphylaxis from eating [red meat](#) were described in 2009. By 2012, thousands of cases were reported across large areas of the southern and eastern United States. Alpha-gal can be treated, with allergists recommending strict avoidance of cow, pork, and lamb; some patients also need to avoid mammalian organs and possibly even milk. Prevention of alpha-gal syndrome can likely be

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