001035 | Sensitization patterns of pollen allergic patients in the republic of belarus

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Background: Pollen allergy is common in Belarus. Patients with pollen allergy who consulted an allergist from 2020 to 2023 were analyzed to determine which plant pollens were common causes of hay fever among Belarusians.
Method: 108 patients from Belarus were assessed, divided into three groups: Group 1, patients with allergy to tree pollen; Group 2, patients with allergy to grass pollen; and Group 3, patients with allergy to weed pollen of Compositae plants.
Results: The following results were obtained: 53 of 108 patients (49%) have sensitization to tree pollen, the most common allergic sensitizers being birch pollen (47 patients, 43%), alder pollen (33 patients, 30%), and hazel pollen (18 patients, 17%). The majority of these patients are sensitized to tree pollen from several trees with only 6 (5.5%) sensitized only to birch pollen. 71 patients (66%) were sensitized to grasses including rye, meadow, timothy, and orchard grasses. The most common sensitization was to rye including 49 patients, 45% among all patients and 70% among patients with sensitization to grass pollens. 21 patients (19%) were sensitized to both tree pollen and grass pollen. 11 patients (10%) were sensitized to pollen of Compositae plants (wormwood), of which 8 patients also had an allergy to pollen of trees or grasses. In all, 29% of Belarussian patients have polysensitization to different groups of pollen allergens.
Conclusion: The most common allergic pollen sensitization in Belarus is to grass pollen including 70% of those seeking medical help, followed by allergic sensitization to tree pollen (49%) with sensitization to Compositae wormwood weed pollen (10%) being the least common. Polysensitization to tree, grass and weed pollens occurs in 29% of patients in Belarus.
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