

## Frequency of Mold Allergens in Allergic Rhinitis Patients

**Bonyadi, MR. (PhD)**

Assistant Professor of Immunology,  
Immunology research Center, School  
of Medicine, Tabriz University of  
Medical Sciences, Tabriz, Iran

**Azarshin, N. (BSc)**

BSc of Medical Laboratory,  
Immunology Research Center, Student  
Research Committee, Tabriz University  
of Medical Sciences, Tabriz, Iran

**Baybordi, B. (MD)**

ENT Specialist, Aban Clinic, Tabriz,  
Iran

**Elmiye, A. (MD)**

ENT Specialist, Aban Clinic, Tabriz,  
Iran

**Corresponding Author:** Bonyadi,  
MR.

**Email:** Bonyadir@tbzmed.ac.ir

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### Abstract

**Background and Objective:** Allergic rhinitis can be stimulated by several allergens. Molds are among these allergens and it is important to assess their frequency in different geographic area. Hence, we aimed at determining the frequency of mold allergens in allergic rhinitis patients referred to specialized clinics of Tabriz Imam Reza hospital, 2011.

**Material and Methods:** This cross-sectional study was conducted on the serums of 90 rhinitis patients diagnosed by specialized physician. Using Immunoblotting method, the level of specific IgE against four molds including *Penicillium*, *Aspergillus*, *Alternaria* and *Cladosporium* were investigated.

**Results:** Of 90 Patients, 40 were men (44.4%) and 50 were women (55.6%). The participants were between 6 to 53 years and the most were 28-31years. The allergy was related to *Penicillium* (3.3%), *Aspergillus* (5.6%), *Alternaria* (13.3%) and *Cladosporium* (4.4%). There was a significant statistical relation between age and allergic rhinitis to *Alternaria* ( $P=0.011$ ).

**Conclusion:** Molds can grow and proliferate in very humid environments. Because of low humidity climate in Tabriz (in the northwest of Iran), allergy to molds is relatively low in this region.

**Key words:** Rhinitis Allergic; Mold; Allergy