

*SUMMARY AND  
CONCLUSION*

## Summary

The relation between food hypersensitivity and rheumatoid arthritis was a subject of interest in the last years, many authors had attempted to link between both. The aim of this work is to find possible relation between rheumatoid arthritis and food hypersensitivity in patients with complaint of exaggeration of symptoms after eating certain types of food. The only method available is the food challenge and diet manipulation. In our study 32 patients with rheumatoid arthritis and exaggeration of symptoms after eating certain types of food were tested for total serum IgE and specific IgE for food antigens before and after food challenge with the suspect food.

This work showed that :

Firstly: Before food challenge the serum level of total IgE was higher than normal values in five out of thirty two patients and the specific IgE was undetectable in all patients.

Secondly: After food challenge total serum IgE was high in eleven out of thirty two patients and specific IgE for egg was high in four patients and two patients for fish, no elevation of specific IgE for milk or meat antigens.

The L.M.I.F was positive in two patients only with normal total and specific IgE.

These results showed that there is a correlation between the serum level of total and specific IgE and the change of symptoms with the offending food which may be the cause of these symptoms or at least it perpetuate the original disease specially in those patients with G.I.T. troubles which form a link in the vicious circle between the food antigen and the joint disease.