

 1300 952 808     (03) 9429 3627  
 MELBENTGROUP.COM.AU  
 G2/173 LENNOX STREET, RICHMOND VIC 3121  
  
 ABN 88 181 798 030

## Patient information on Salicylate Sensitivity (Part I)

### Who is this information for?

This information is for patients, families and carers of individuals who have salicylate sensitivity.

### What is salicylate sensitivity?

Salicylate is an aspirin-type substance, commonly found in a number of different medications and food additives, and can occur naturally in some food substances. Sensitivity to salicylate can be difficult to diagnose and may result in different medical symptoms.

### What symptoms can I have with salicylate sensitivity?

Symptoms may include:

- Urticaria (rash)
- Angioedema (allergic tissue swelling)
- Asthma exacerbation
- Anaphylaxis (in extreme cases)

### What substances can you have a sensitivity to if you have salicylate sensitivity?

You may be sensitive to the following substances:

- Aspirin
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Some food additives or foodstuffs

### What non-steroidal anti-inflammatory drugs (NSAIDs) contain salicylates?

Over the Counter	Prescription		
Ibuprofen	Celecoxib	Ketorolac	Naproxen
	Diclofenac	Ketoprofen	Parecoxib
	Etoricoxib	Mefenamic Acid	Piroxicam
	ndomethacin	Meloxicam	Sulindac

### What food additives contain salicylates?

Food Dyes	Food Dyes	Food Preservatives	Food Flavourings
E102 Tartrazine	E123 Amaranth	E210-219 Benzoates	E622-623 Glutamates
E104 Quinoline yellow	E124 Ponceau 4 R	E220 Sulphur dioxide	
E107 Yellow 2G	E132 Indigo carmine	E221-227 Sulphites	
E120 Cochineal,	E127-180 Other food	E250-251 Nitrites,	

## Information for patients, families and carers



Carmine	dyes	nitrites	
E122 Carmoisine		E310-312 Gallates	
		E320-321 BHA and BHT	

### What is a low salicylate diet?

- Some patients who are sensitive to aspirin and NSAIDs may get symptoms after eating foods that contain salicylates.
- Patients with known aspirin allergy should not automatically avoid foods that contain salicylates.
- Research has shown that most aspirin-sensitive asthmatics are not affected by high salicylate foods.
- A low salicylate diet requires reduction of foods that are high in salicylate.
- If after a month on the diet you feel no difference, recommence a normal diet.
- If after a month you feel a reduction in symptoms, reintroduce some high salicylate foods one at a time, and leave those foods that cause symptoms out of the diet.

## Information for patients, families and carers



### Concerns or questions?

You can contact your ENT Specialist at the Melbourne ENT Group (MEG):

- Phone: 1300- 952-808
- Email: [admin@melbentgroup.com.au](mailto:admin@melbentgroup.com.au)
- Website: [www.melbentgroup.com.au](http://www.melbentgroup.com.au)



Your GP is also the best contact for ongoing care and concerns.

### Further information

Meniere's Australia (MA) is a national non-profit, non-government organisation that aims to promote and facilitate the development of Australia-wide services and support for those living with Meniere's disease and other vestibular conditions.

[www.menieres.org.au](http://www.menieres.org.au)



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