

Alpha-gal Syndrome

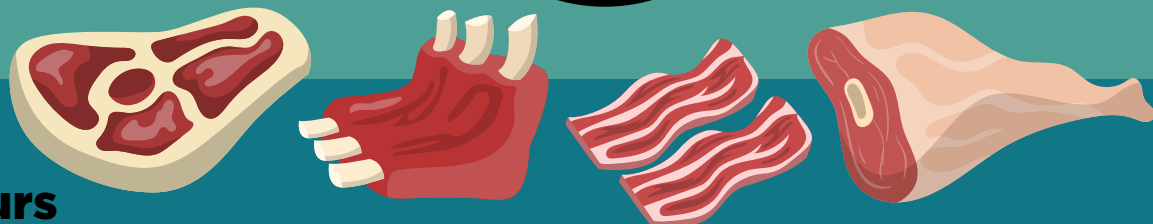
Mammalian Meat Allergy

Alpha-gal syndrome (AGS) is a serious and often life-threatening allergy to a sugar molecule called alpha-gal. Alpha-gal is found in mammals—like cows, pigs, sheep, goats, and deer.



AGS is thought to be triggered by tick bites—in the U.S., the Lone Star Tick, which is found in the Midwest and eastern U.S., but more common in the South.

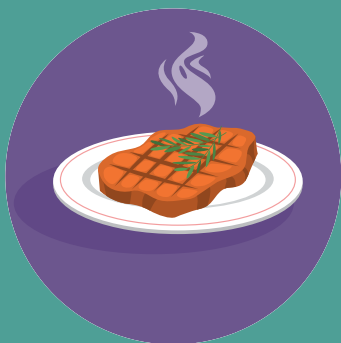
AGS makes you sick 2-10 hours after you eat mammalian meat.



AGS causes an allergic reaction to mammalian meat.

You may also become allergic to milk, butter, gelatin, and other mammalian products.

You may react to fumes from cooking meat.



Your doctor can order an Alpha-gal Panel blood test to see if you have alpha-gal syndrome.

Symptoms can include one or more of the following: hives, swelling, stomach pain, digestive upset, difficulty breathing, low blood pressure, dizziness, fainting, or anaphylaxis.



Alpha-gal is found in some medications, vaccines, and personal care products, like lotion and toothpaste. Talk to your doctor before starting new medications.



For more information go to alphagalinformation.org