

Mayo Clinic Minute: A tick to blame for the alpha-gal, meat allergy

VIDEO	AUDIO
Bobbi Pritt, M.D. Microbiology Mayo Clinic	"Alpha-gal is a short abbreviation for galactose-alpha-1, 3-galactose. It's a sugar moiety that is found on nonprimate mammalian meats."
	Meats like beef, pork, lamb and venison.
	"People that have alpha-gal syndrome after getting a tick bite develop an allergy to meat, and, specifically, it's all mammalian meat, except for primate meat."
	Meaning poultry, fish and seafood are excluded.
	In the U.S., you can mostly blame the lone star tick.
	"The lone star tick is named as such because it has a white-yellow dot on its back on the female, which is said to look like a lone star."
	Symptoms can start two to four hours after eating meat with alpha-gal sugars.
	"It could be mild, such as hives, swelling around their mouth, but it could also be quite severe."
	Dr. Pritt stresses that the best prevention is avoiding ticks altogether.
	For the Mayo Clinic News Network, I'm Joel Streed.