CORRESPONDENCE

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To the Editor:

Dear Sir,

RUNNING SHOE ANAPHYLAXIS – A CASE REPORT

A number of previous reports have detailed some obscure medical complications of jogging (Hershkowitz, 1977; Pickering, 1981; Jampol and Fleishman, 1981). I wish to report a further such case.

A 34 year old female gym owner and aerobic dance teacher with bilateral "shin splints" (medial tibial stress syndrome) caused by dancing barefoot on a hard surface for at least two hours a day, was advised to purchase a pair of New Balance W420 running shoes and to use them whilst dancing and running.

On the first day that she wore the new shoes she chose to go for a short run which lasted about seven minutes. Within three minutes of returning home she noted that her hands had become itchy and rapidly turned red. Within a further five minutes she felt pins and needles in her lips, her face began to swell, she began to experience difficulty whilst breathing and was unable to talk. At the same time she developed a generalised erythematous rash with urticaria on the chest. She was taken immediately to hospital where she was given 50 mg of an anti-histamine preparation (Phenergan®) intramuscularly. Within 30 minutes she was again able to breathe and talk normally.

To confirm that the anaphylactic reaction had been caused by the running shoes rather than by exercise (Sheffer and Austen, 1980), two days later the patient put on her New Balance running shoes but did not run. Within three minutes her hands again became itchy and red, and she experienced the same oral feelings as previously. Immediate removal of the running shoes and oral Phenergan® aborted the attack. Subsequently the patient has run only in Nike running shoes and has had no similar attacks.

It would seem that her allergy may be due to either the material or the dye used by the New Balance Shoe Company.

REFERENCES

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Yours sincerely,

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