

**Insulin suspension isophane/insulin aspart****S****Systemic allergic reaction in an elderly patient, managed with desensitisation: case report**

A 66-year-old woman experienced a systemic allergic reaction while receiving insulin suspension isophane [Humaplus NPH, Novolet NPH; *details of drug administrations not stated*]. She successfully completed a desensitisation protocol with insulin aspart, despite experiencing a pruriginous rash and hypoglycaemic episode during desensitisation.

The woman presented in 2002 with systemic hypersensitivity symptoms lasting 1 hour, after receiving Humaplus NPH for 6 months. Her treatment was switched to Novolet NPH. One month later, she presented again with more severe symptoms that lasted 24 hours.

The woman's insulin treatment was discontinued and she instead received oral antidiabetic therapy. She underwent cutaneous testing to different insulins; the results were positive.

The woman continued to receive oral antidiabetic drugs until 2008. At this time, 6 years after her positive cutaneous test results, cutaneous tests to different insulins were negative. A desensitisation protocol with SC insulin aspart was initiated under supervision; she received a dose every 15 minutes, with 26 doses administered in 3 hours [*dosage details not clearly stated*]. Desensitisation was completed, although she developed a pruriginous rash affecting her right leg, and a hypoglycaemic episode requiring treatment. She subsequently continued to receive daily insulin aspart without any adverse reactions.

**Author comment:** "We describe a case of systemic allergic reaction to insulin. . . We made her a subcutaneous desensitisation that was finished successfully".

Diaz Angulo S, et al. Desensitization to aspart insulin. *Allergy* 64: 577 abstr. 1518, Jun 2009. Available from: URL: <http://dx.doi.org/10.1111/j.1398-9995.2009.02078.x> [abstract] - Spain

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