

For the Patient

The full report is titled: "Advances in the management of peanut allergy (oral immunotherapy and epicutaneous immunotherapy)." It is in the January 2020 issue of *Allergy Asthma Proceedings* (volume 41, pages 5 to 9). The author is Julie Wang.

For the Patient is provided to physicians so that the patients can better understand the language of modern medicine.

For the Patient is written by the editors (Bellanti, JA and Settignano, RA) and provided to practitioners so that patients can better understand the usefulness of new information resulting from medical research.

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New forms of allergy immunotherapy (AIT) for food allergy (EPIT vs OIT)

Allergy immunotherapy (AIT) is a preventive treatment for allergic reactions to substances such as grass pollens, house-dust mites, and bee venom, and involves giving gradually increasing doses of the offending substance, or allergen, to which the person is allergic. In addition to allergens that enter the body by inhalation, there are those allergens that enter by the oral route and cause food allergies. Among these food allergies, peanut allergy is a common problem. Peanut allergy affects up to 2% of the general population and carries not only risk of potentially life-threatening allergic reactions but also negatively impacts quality of life for patients and their families. Advancing knowledge in AIT is providing families with options for proactive treatment. The first AIT that was introduced is the form administered by injection and is called subcutaneous immunotherapy (SCIT). New forms introduce the allergens under the tongue or by oral ingestion and are called sublingual immunotherapy (SLIT) and oral immunotherapy (OIT), respectively. A still newer form of AIT introduces the allergen onto the skin and is referred to as epicutaneous immunotherapy (EPIT). In a report by Wang from the Icahn School of Medicine at Mount Sinai, New York, the author examines the available data for OIT and EPIT for peanut allergy.

How Was the Study Done?

The author reviewed recent studies that evaluated the safety and efficacy of OIT and EPIT for peanut allergy and identified factors that should be considered when guiding families in treatment decisions.

What Are the Limitations of the Proposed Study?

The report is subject to limitations based on a limited single-center perspective.

What Are the Implications of the Study?

The study revealed that OIT and EPIT offer new approaches for patients and families, and more options for managing peanut allergies. Recent data from the reviewed studies on OIT and EPIT as well as real-world data on OIT have advanced understanding of the efficacy and safety of these approaches. Future studies will identify biomarkers to identify patients at risk and enhance better methods to identify patients who will be improved by these new AIT procedures. □