

For the Patient

The full report is titled: "Peanut allergy: Burden of illness." It is in the September-October 2019 issue of *Allergy Asthma Proceedings* (volume 40, pages 290 to 294). The authors are Marcus Shaker and Matthew Greenhawt.

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

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Peanut allergy: Burden of illness

Peanut allergy is a common problem, affecting approximately 1–4.5% of children and not only touches patients, families, communities, and society as a whole but also impairs quality of life and is a source of anxiety for the patient who is affected. From the community perspective, schools must be able to promptly recognize and manage anaphylaxis, the most serious complication of peanut allergy, and create safe environments that prevent peanut ingestion in children who are allergy susceptible. From a broader perspective, the burden of illness increases when societal factors fail to provide appropriate measures, *e.g.*, access to affordable epinephrine, the life-saving treatment of anaphylaxis. Prevention of peanut allergy through the early introduction of education may enhance quality of life for patients and families living with peanut allergy but, if not implemented in conjunction with community participation, it may lead to missed opportunities to achieve proper management. A report by Shaker and Greenhawt from the Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire, and the Children's Hospital Colorado, Denver, Colorado, provides an update on the burden of illness of peanut allergy and its diagnostic pitfalls.

Who or What Was Proposed to Be Studied?

The investigators proposed to perform a literature review study to provide an update on peanut allergy burden of illness and diagnostic pitfalls for the clinician.

How Was the Study Done?

The investigators reviewed the literature that describes the role of food allergy testing for the evaluation of clinical allergy or eczema and consequences of peanut allergy diagnosis, quality of life, and emerging peanut immunotherapies.

What Are the Limitations of the Proposed Study?

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

What Are the Implications of the Study?

The studies reveal that personal, family, community, and societal burden of peanut allergy are significant but can be reduced by preventing overdiagnosis. Patient education should be anchored in appropriate risk perspective. The investigators recommend that longer-term studies be performed to obtain data needed to better understand how peanut immunotherapy programs can be leveraged to improve patient quality of life. □