

For the Patient

The full report is titled “Prognosis of Food-induced Anaphylaxis in Children: A Single-Center Real-Life Study” by Sule Buyuk Yaytokgil, Ilknur Kulhas Celik, Betül Karaatmaca, Tayfur Ginis, Selma Alim Aydin, Muge Toyran, Emine Dibek Misirlioglu, Ersoy Civelek. The report appears in the Jan-Feb 2022 issue of *Allergy Asthma Proceedings* (volume 43, pages 57–63)

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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FOOD ALLERGIES CAN RESOLVE OVER TIME

Anaphylaxis is a severe, potentially life-threatening allergic reaction that can occur within seconds or minutes of exposure to an offending allergenic substance, such as a bee sting. The most common cause of anaphylaxis-related deaths in children, however, is caused by a food and is referred to as food-induced anaphylaxis (FIA). FIA can be a source of great anxiety both for families and for clinicians because of concern over the timing of its occurrence as well as apprehension as how to prevent its recurrence. However, although food allergies are known to resolve over time, there is little information on the natural history of FIA. As a result, children may be subjected to unnecessary or prolonged restriction diets, which, in turn, can lead to social, physical, and psychological upheaval. In a recent report, Yaytokgil and coworkers from the Division of Pediatric Allergy and Immunology, Health Science University Ankara City Hospital, Ankara, Turkey, performed a study to evaluate the natural history of FIA in children and to determine the factors that affect prognosis.

Why Did the Researchers Do This Particular Study?

The authors performed this study to better understand the natural history and prognosis of food allergy.

Who or What Was Studied?

The authors performed a single-center study of patients who presented with FIA between 2010 and 2020 who were identified by screening patient records according to food allergy-related diagnostic codes. The parents of these patients were contacted by telephone and were questioned about patient’s experiences with the culprit food, including whether the patient had tried the suspected food at home or had any accidental exposure, whether the patient had recurrence, the timing and severity of any reactions, and autoinjector use.

How Was the Study Done?

Patients were grouped as tolerant or persistent according to parent reports or reevaluation results, and statistical analysis was performed to determine the factors that affect persistence.

What Were the Limitations of the Study?

Limitations of this study include the small sample size, from a single center, and an inability to determine the precise timing of acquisition of tolerance because patients could not be checked regularly at 6-month intervals.

What Are the Implications of the Study?

Because approximately a third of patients with FIA developed tolerance within 3 years, patients and clinicians should be aware of this because food allergies in children can resolve over time, even those with anaphylaxis. Regular follow-up and reevaluation of tolerance status, therefore, are necessary to avoid unnecessary elimination or prolonged restriction diets. □