FOOD ORAL IMMUNOTHERAPY
A New Option for the Treatment of Food Allergies
Food Oral Immunotherapy (OIT) is *lifechanging* for families with food allergies. It is available at about 50 US allergy practices, and it has been offered by KCAA since 2014.

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* Wall Street Journal, 2/15/16, OIT/Oral Immunotherapy
Social and Emotional Cure

- Food OIT desensitizes children and adults to their food allergens.
- It is a “social cure” because it eliminates social exclusion due to food allergies.
- It is an “emotional cure” because it eliminates fear of food and feeling different from peers.
- There are HUGE benefits for parents, specifically:
  - No more fear their child will unknowingly be exposed to a potentially fatal allergen
  - No more worry their child will be ostracized due to their eating restrictions
  - That is why we say, “Eat Fearlessly!”
How Food OIT Works

- Food OIT is a medical treatment guided by a board-certified allergist.
- By consuming the allergen regularly in increasing amounts, patients’ immune systems adapt to the allergen that formerly would have caused a life-threatening anaphylactic reaction.
- In fact, the food allergen can be freely incorporated back into the patient’s diet without any major restrictions.
- OIT has an 85%+ success rate in clinical trials*.
  - At this time, the US Food and Drug Administration has not approved Food OIT.
- KCAA has graduated 60 patients as of 11/2018, with great results.

* www.OIT101.org
How Food OIT Works Over Time

- Food OIT is not a “cure.” Desensitized patients are still allergic.

- Food OIT is a treatment, like a medication that has to be done daily to maintain protection against the food allergen.

- The goal is to reach a daily dosing schedule where patients no longer need to avoid the allergen and can also eat it on a regular basis.

- The end goal of treatment is to be able to consume a full serving of the allergen without an adverse reaction – 1 glass of milk, an egg, a slice of bread, etc.
Available Foods for Food OIT

- Peanuts
- Tree nuts (cashews, walnuts, almonds, etc.)
- Cow’s milk
- Eggs
- Wheat
- Soybean
- Sesame seed
Reasons to Consider Food OIT

- At KCAA, our primary goal is to provide safety. We offer Food OIT to protect food allergic patients against accidental exposures and the reactions resulting from those exposures.
- The payoff is huge - FREEDOM from food fear by protecting the patient against accidental exposure.
  - Families will experience significantly LESS ANXIETY AND STRESS that accompanies the unknown and ever-looming possibility of a reaction.
- Most families also see major lifestyle improvements from reduced fear associated with traveling, eating at restaurants, going to sporting events, and so forth.
  - Parents can relax when children are with friends – something as simple as attending a birthday party can be approached without trepidation.
Food OIT Process

- The initial treatment occurs at KCAA and lasts 4-5 hours. Increasing doses of the food allergen are administered by mouth every 20 minutes.
  - Starting doses are miniscule, for example*:
    - Peanut starting dose = .001 mg of peanut protein vs. 1 peanut = 250 mg of protein
    - Egg starting dose = .0083 mg vs. 1 egg = 4350 mg

- Daily home dosing materials are provided by our KCAA office and increase in amount over time.
  - Precautions include avoiding exercise for 2 hours after a dose and avoiding hot showers and NSAIDs (e.g., Advil) at the time of the dose.

- Weekly escalation doses occur over the next 6-8 months.
  - These will be given under supervision at KCAA with a 45 minute waiting period to determine response.

- When the maximum dose is achieved, maintenance dosing begins.
  - Maintenance might last a lifetime. Or, this could change as more research is completed.

* [www.OIT101.org](http://www.OIT101.org)
Food OIT Candidates

- The current minimum age is **5 years old**.
  - However, we would prefer to see the patient as soon as possible to begin discussion and planning.

- No patient is “too allergic” for OIT.
  - In fact, the highly allergic patients are the ones with the greatest need of Food OIT due to the high risk of a reaction in daily life.

- Patients with multiple food allergies are excellent candidates.
Food OIT Non-Candidates

- Patients and families who:
  - ...may have difficulty being compliant with a strict treatment plan that includes daily dosing with the food allergen.
  - ...are unable to attend weekly office visits for at least 6 months during the escalation treatment phase.
  - ...experience extreme anxiety which could interfere with dosing.
  - ...have extreme food aversions which could interfere with dosing.
  - ...are unable to accommodate the activity restrictions.
Food OIT Side Effects

- The most common side effects are gastrointestinal. Symptoms include:
  - Abdominal pain
  - Nausea
  - Reflux

- It is possible to experience a typical allergic reaction or anaphylaxis during the course of escalation and maintenance dosing.
  - These reactions are treated like any other allergic reaction, including epinephrine if needed.

- About 10% of patients develop eosinophilic esophagitis (EoE, allergic inflammatory disease of the esophagus) during the escalation phase.
  - This does not usually stop the OIT treatment plan. But, it will slow down the process.
Insurance Coverage

- There is currently no billing code for Food OIT.
- To address this, KCAA offers a bundled package that covers the entire course of treatment during the escalation phase. The package includes:
  - Office visits related to food allergen dose escalation.
  - Almost all dosing supplies used during the escalation phase.
  - 24/7 access to the OIT team via a secure messaging app and direct phone number.
Testimonials

Our daughter, Adyson, participated in the peanut Oral Immunotherapy Program at KCAA and it has changed our lives for the better. Adyson is now free to participate in activities with friends and family without the constant worry of a possible reaction. Dr. Ward and the amazing staff at KCAA were wonderful to work with and were available at any time to assist in answering questions or addressing concerns. There are no words to accurately express the gratitude we have to Dr. Ward and KCAA for changing our daughter’s life.
Jayma & Matt D.

Our son was a participant in the peanut desensitization program at KCAA. Now, he lives his life without the fear of having a reaction. We are grateful beyond words for the wonderful care we received from everyone at KCAA.
Sandy & Jeff
Resources

Call KCAA today to set up a consultation, learn more about OIT, and get scheduled for your first treatment day.

Additional resources:

www.OIT101.org

www.fb.com/kcallergy

OIT 101 Facebook Group