

ORAL IMMUNOTHERAPY

And Treatment Of Egg Allergy In Infants

Oral immunotherapy (OIT) is usually recommended for children of about 4 years; in some cases, younger children of 1-3 years may also be considered.

WHAT IS ORAL IMMUNOTHERAPY?

- 1 OIT is a method to desensitize patients to the allergy-causing food by giving them small amounts of the food allergen to ingest every day.
- 2 The dose is increased slowly.
- 3 The body gradually builds resistance to the food.



HOW DOES IT HELP TREAT EGG ALLERGY?

- 1 Egg-white powder is used to treat children with egg allergies.
- 2 Therapy may be continued for at least a year and up to three years.
- 3 It may help avoid severe allergic reactions to accidental exposure to eggs.
- 4 It may make the child completely tolerant to eggs.



ADVANTAGES OF OIT

- 1 The procedure can be done at home with the help of family members.
- 2 Up to five food allergies may be treated simultaneously.
- 3 Studies report complete resolution of egg allergy in about 50% of children undergoing OIT.



Note: The severity of the allergy, age of the child, and probability of adverse effects determine the suitability of OIT for infants and young children. For more information, consult your pediatrician.

REFERENCES:

1. Oral Immunotherapy 101: Learning Module; Children's Hospital of Philadelphia.
2. Oral Immunotherapy in Children: Clinical Considerations and Practical Management; National Library of Medicine.
3. Update on oral immunotherapy for egg allergy; National Library of Medicine.
4. Oral Immunotherapy for Egg Allergy; American Family Physician.



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