

Oral Immunotherapy (OIT)

In Cow's Milk Allergy (CMA)



Salient features of OIT for CMA

- Minimal doses of the allergen are given over a long period until the child develops tolerance to the same.
- The dose is increased first daily, then weekly or biweekly, and finally, a maintenance dose is given.
- Treatment may continue for months to years, depending on the severity of the allergy.
- Early intervention may produce better outcomes.



Drawbacks

- Time-consuming procedure.
- May cause severe allergic reactions in some cases.



References

1. Oral Immunotherapy for Children with Cow's Milk Allergy; National Institutes of Health
2. Immunotherapy for cow's milk allergy; Taylor & Francis Group