

Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/peanutallergies/key-food-allergy-insights-from-the-2019-acaai-annual-scientific-meeting/11061/>

ReachMD

www.reachmd.com
info@reachmd.com
(866) 423-7849

Key Food Allergy Insights from the 2019 ACAAI Annual Scientific Meeting

Announcer:

You're listening to "Cracking the Code on Peanut Allergies" on ReachMD, brought to you through an independent educational grant from Aimmune Therapeutics.

Here's your host, Dr. Katherine Anagnostou.

Dr. Anagnostou:

Each year, the American College of Allergy, Asthma & Immunology brings together the top experts from across the globe in order to discuss the latest prevention, diagnosis and treatment strategies. And now that the 2019 scientific meeting is behind us, we'll be giving a brief recap of the conference and highlight some of the key presentations you might have missed.

This is Cracking the Code on Peanut Allergies, and I'm Dr. Katherine Anagnostou. Joining me today is my colleague Dr. Carla Davis, Chief of the Section of Immunology, Allergy and Rheumatology and Director of the Food Allergy Program at Texas Children's Hospital. Welcome to you, Dr. Davis.

Dr. Davis:

Thank you, Katherine. It's a pleasure to be here today.

Dr. Anagnostou:

I think those who were not able to attend the conference would want to hear a few pearls about the session. There was a lot of discussion surrounding making the correct diagnosis of food allergy prior to enrolling the patient in a research study on food allergy or therapy in general, and I think that was a very valid point.

Dr. Davis:

Yes, I agree. There was a lot of discussion specifically from you as well as Dr. Byrd about the fact that the patients who are selected have to be really ready for this therapy and it has to be appropriate. There is going to be a select number of children who will really benefit and some who would not benefit from the therapy. Especially those who would benefit would be the population that has a lot of anxiety and restrictions in their lifestyle because of peanut allergy.

Dr. Anagnostou:

I completely agree. I think engaging the families in shared decision-making was another key message coming out of this conference, and it's important as always to help the patients make an informed decision by highlighting the risks and the benefits of each form of therapy, but what is equally important is allowing the families and the patients to let us know what their own goals are, what their expectations are and how these therapies really fit into their daily life and their culture. And it's important to highlight that shared decision-making is exactly that. It's a 2-way conversation between the physician and the patient in order to make the decision that is best suited for that particular patient.

Dr. Davis:

Yes, absolutely.

Dr. Anagnostou:

But shifting gears a little bit, Dr. Davis, you were also selected key speaker at this conference, and I'm sure that our audience would love to hear from you firsthand about your presentations on biologics in children.

Dr. Davis:

Yes, I was able to review some studies that showed that children who were treated with peanut allergy immunotherapy as well as immunotherapy to multiple foods, including egg, wheat, milk and soy, were able to successfully increase from a very small dose of the food daily to a very large dose of the food in a rapid fashion, in some cases in 1 day, by having the biologic medication added to the immunotherapy regimen, so it really did seem that the time frame for which children would need to be treated in order to achieve a daily dose that would protect them against life-threatening infection was facilitated by biologics. It could happen even in 1 day in 1 study.

so the biologic therapies can be helpful adjuvants or additions to immunotherapy treatment for peanut, but definitely, they are not cures and can help with the treatment.

Dr. Anagnostou:

Before we wrap up, Dr. Davis, do you have any final thoughts or any other key takeaways from the conference?

Dr. Davis:

Well, one of the takeaways that really stuck with me was Dr. Susan Prescott's talk with regard to how our current lifestyle has influenced the expression of food allergies. Food allergies have increased significantly over the past 30 years, and some of it may be due to the lifestyle that we lead, which is less exposed to the natural environment. Our natural bacteria in the body called the microbiome is influenced by that, and so she recommended a natural prescription, and I think that would be good for all of us to have some time where we actually interface with nature on a regular basis. But I think that there are a lot of advances and new treatments, exciting things happening in the realm of peanut allergy treatment.

Dr. Anagnostou:

I completely agree. I think the future is indeed very bright. Well, with all that in mind, I want to thank you for joining me today to recap the major presentations and key takeaways from the 2019 ACAAI Conference in Houston, Texas. Dr. Davis, it was great having you on the program.

Dr. Davis:

It was great to be here and thank you for having me.

Announcer:

This program was brought to you through an independent educational grant from Aimmune Therapeutics. To access other episodes in this series, visit ReachMD.com/PeanutAllergies. This is ReachMD. Be Part of the Knowledge.