



# SNEEZE GAZETTE™

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## Oral Tolerance For Food Allergy?

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*A number of our patients have expressed interest in recent news items about attempts to cure food allergies, including even severe and anaphylactic reactions, through immunotherapy.*

*This is Part One of a series on this subject by Dr. Dreyfus*

Recently, some research centers such as Duke University have reported successful treatment of patients with severe food allergies to foods including p e a n u t a n d eggs. These protocols involve having the patient eat very small amounts of the food to which they are allergic on a daily basis with the hope that this will induce tolerance to the food in case of accidental ingestion of larger quantities of the food. The principle of oral tolerance in these food desensitization

protocols is similar to that of allergy shots for aeroallergen such as cat dander or grass pollen: If the immune system is exposed on a regular basis to an antigen, then in principle tolerance should develop, rather than allergy. However, there are a number of important differences between desensitization to aeroallergen such as animal dander or pollen and desensitization or tolerance to foods.

This article will be followed with a discussion of these issues in subsequent issues of our quarterly newsletter, the Sneeze Gazette, or you can discuss this option with Dr. Dreyfus if you are interested.

*David Dreyfus, MD, PhD*



*More information in upcoming issues*