

Efficacy and safety of food allergy oral immunotherapy in adults

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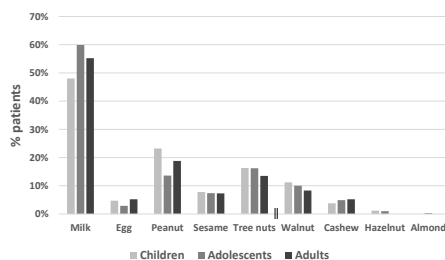
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Abstract

Background. Oral immunotherapy (OIT) is an emerging method for treating food allergy in children. However, data regarding adults undergoing this process is lacking. **Methods.** We retrospectively analyzed the medical records of patients with food allergy aged [?]17 years who completed OIT treatment between April 2010 to December 2020 at Shamir medical Center. Data was compared to that of children aged 4 to <11 years and adolescents aged [?]11 to 17 treated during the same time period. **Results.** A total of 96 adults at a median age of 22.3 years who underwent OIT for milk (n=53), peanut (n=18), sesame (n=7), egg (n=5) and tree nuts (n=13) were analyzed and compared to 1299 children and 309 adolescents. Adults experienced more adverse reactions requiring injectable epinephrine, both during in-clinic up-dosing (49% vs. 15.9% and 26.5% for children and adolescents respectively, $p<0.0001$) and during home treatment (22.9% vs. 10.5%, $p=0.001$ for children, and 14.2%, $p=0.06$ for adolescents). Most adults (61.5%) were fully desensitized, but rates of full desensitization were significantly lower compared to children (73.4%, $p=0.013$). Significantly more adults (28.3%) undergoing milk OIT failed treatment compared to children (14.3%, $p=0.015$) and adolescents (14.1%, $p=0.022$), while failure rates in adults undergoing OIT for other foods were low (9.3%) and comparable to children and adolescents. **Conclusions.** OIT is successful in desensitizing most adults with IgE-mediated food allergy. Adults undergoing milk OIT are at increased risk for severe reactions and for OIT failure while failure rates in adults undergoing OIT for other foods are low.

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Adult OIT_Epstein Rigbi_Final_numbered lines.docx available at <https://authorea.com/users/492298/articles/575034-efficacy-and-safety-of-food-allergy-oral-immunotherapy-in-adults>



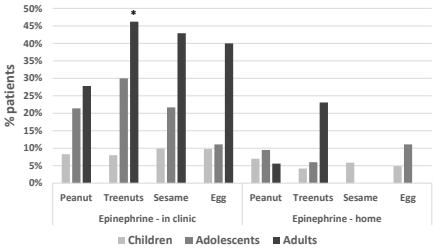
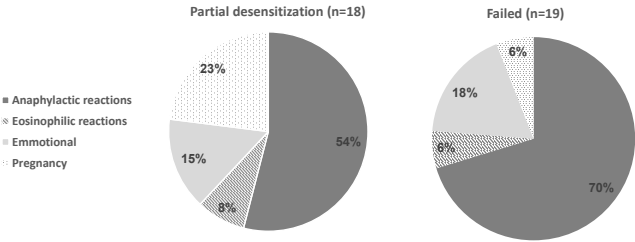
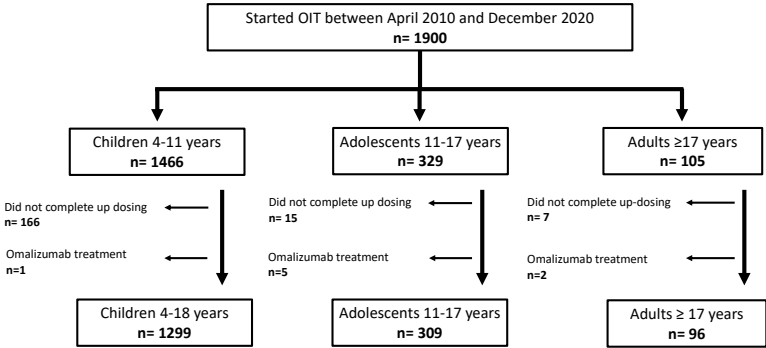


Figure 3s

