

A decorative graphic on the left side of the slide, featuring a dark blue background with a torn paper edge. To the right of this edge is a dense cluster of overlapping circles in various colors including yellow, orange, green, blue, and purple, creating a bokeh-like effect.

Sublingual Immunotherapy for Food Allergy: Use Cases and Patient Selection

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What advantages does SLIT offer?

- Lower reaction risk
- Relaxed safety rules (compared to OIT)
- Convenient dosing (extract- or food-based)
- Bypasses taste/smell/texture aversions

Use Cases for Food Allergen SLIT

- Patient preference - monotherapy
- Bridge to OIT
- Salvage of Failed OIT
- Impractical Food Allergens



Patient Preference

- Caregiver/Patient Anxiety re: risk of reaction
- Significant taste/smell/texture aversion
- Not ready for requirements of OIT, but wants to do “something”





“Bridge” to OIT

- SLIT prior to OIT is associated with fewer side effects

Narisety SD, Frischmeyer-Guerrero PA, Keet CA, Gorelik M, Schroeder J, Hamilton RG, Wood RA. A randomized, double-blind, placebo-controlled pilot study of sublingual versus oral immunotherapy for the treatment of peanut allergy. *J Allergy Clin Immunol*. 2015 May;135(5):1275-82.e1-6. doi: 10.1016/j.jaci.2014.11.005. Epub 2014 Dec 18. PMID: 25528358; PMCID: PMC4430665.



Salvage of Failed OIT

- Patient reacts during initial dose escalation (low concentration)
 - May consider re-attempting OIT post-SLIT
- Patient experiences recurrent reactions during up dosing
- Patient is unable to continue maintenance OIT dosing

Sagara N, Fujita S, Suzuki R, Aota A, Akashi K, Katsunuma T. Successful sublingual immunotherapy for severe egg allergy in children: a case report. *Allergy Asthma Clin Immunol*. 2021;17(1):2. Published 2021 Jan 6. doi:10.1186/s13223-020-00506-1

“Impractical” Food Allergens

- Shellfish Mix
- Finned Fish Mix
- Multi-allergen



Bottom Line?

- SLIT offers flexibility in a variety of clinical scenarios
- Opportunity to offer treatment to patients who are not ideal candidates for OIT
- Further research will further delineate clinical pathways most likely to benefit from the application of SLIT