

# How To Do Food Sublingual Immunotherapy

As a matter of fact,



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I AM a Rocket Scientist!

Hugh H. Windom, MD



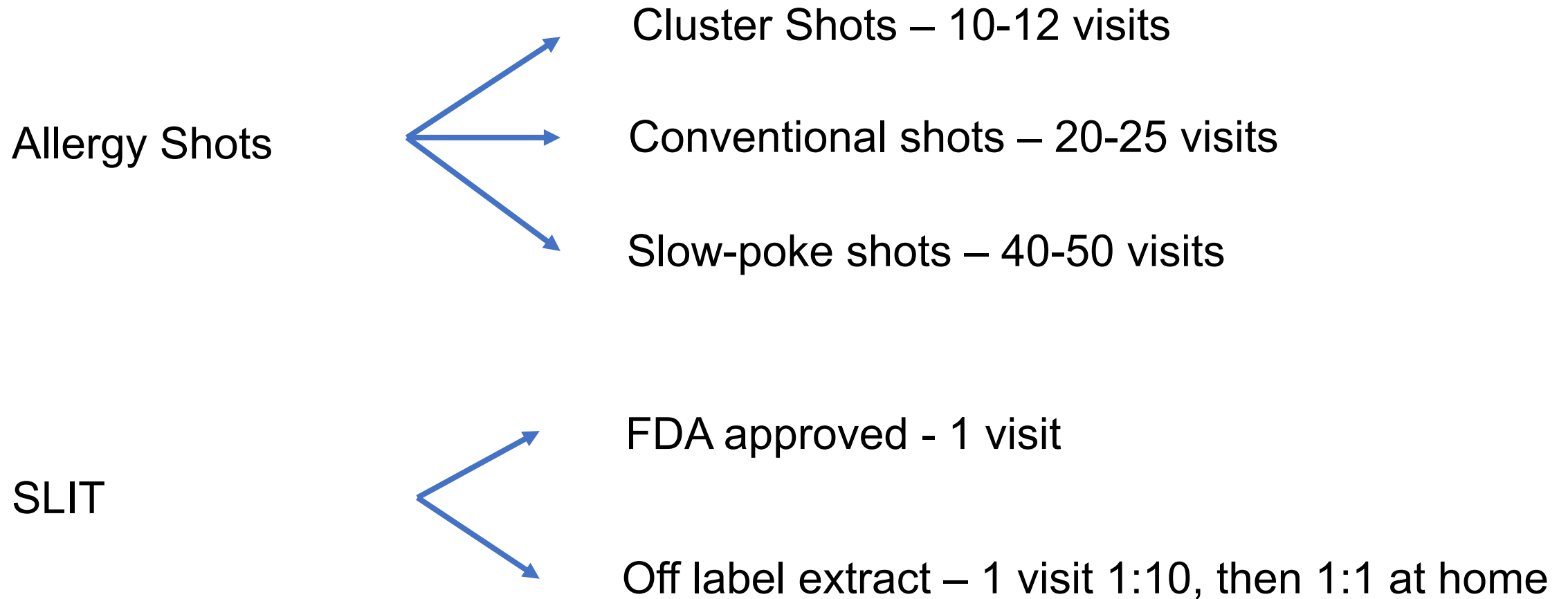
# Unanswered Questions






- Build up, can we go faster?
- Extracts - why not real food?
- Post-dose rest period, why?

[Does it work? Hell yeah, we proved that yesterday]

# Environmental Allergy Tx Buildup



# Evolution of Food SLIT Dosing

Early trials with extracts		1:1,000,000	1 visit
		1:100,000	1 visit
		1:10,000	1 visit
		1:1,000	1 visit
		1:100	1 visit
		1:10	1 visit
		1:1	8 visits
Early use of real food		1:1,000	1 visit
		1:100	1 visit
		1:10	2 visits
		1:1	3 visits
Current trial of real food		1:100	1 visit
		1:10	1 visit
		1:1	2 visits

# Real Food SLIT – What are the Issues



- Potency – like with OIT, measure mg of protein  
(extracts don't list protein content)
- Stability – store bought foods, use expiration date or freeze
  - flour solutions using 50% glycerin – 6 months  
(skin testing at 6 months unchanged)



# Real Food SLIT - Maintenance Dose (protein)

## Off the shelf

Milk – 10 mg

Egg white liquid – 11 mg\*

Cashew milk – 5 mg

Walnut milk – 3.8

## Flour solutions

Peanut 40 mg/ml – 6 mg

Sesame 25 mg/ml – 6.3 mg

Wheat VWG 25 mg/ml – 5.8 mg

\*EWL uses 0.1 ml from syringe, all other foods use 0.3 ml

# Supplies and Methods

- Liquid food source
- Bottles to prepare dilutions with distilled water or 50% glycerin saline (Greer)
- 0.5 ml syringe
- Timer



# Cashew SLIT Protocol

Visit	Dilution of cashew milk	Dose	Reaction	cashew protein/ dose (mg)
1	1:1,000	0.05 0.15 0.3		0.0008 0.0025 0.005
2	1:100	0.05 0.15 0.3		0.008 0.025 0.05
3	1:10	0.05 0.15 0.3		0.08 0.25 0.5
4	neat	0.05 0.1		0.84 1.7
5	(16.7 mg/ml)	0.1 0.2 (0.3 home)		1.7 3.3 (5)

# Peanut SLIT Protocol

Visit	Dilution of peanut flour solution	Dose	Reaction	peanut protein/ dose (mg)
<del>1</del>	<del>0.04 mg/ml</del>	<del>0.05</del> <del>0.15</del> 0.3		<del>0.001</del> <del>0.003</del> 0.006
2	0.4 mg/ml	0.05 0.15 0.3		0.01 0.03 0.06
3	4 mg/ml	0.05 0.15 0.3		0.1 0.3 0.6
4	40 mg/ml	0.05 0.1		1 2
5	“ “	0.1 0.2 (0.3 home)		2 4 (6)



# Post-dose Rest Period

- Environmental SCIT: ~1 hour
- Environmental SLIT: none (e.g. Odactra)
- OIT: 2 hours, some need longer
- Food SLIT: ?, exercise challenge underway

# Is it Working?



To find out, we recommend annual food challenge(s)

	Year 1	Year 2	Year 3	Year 4
Milk	Baked	3, 10, 30 ml	30, 60 ml	80, 160 ml
Egg (EWL)	Baked	1, 3, 6 ml	6, 12 ml	Scrambled egg
Others (mg protein)	3, 10, 30, 100	100, 300	300, 1 gm	1 gm x 2

# SLIT Potential

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- 2-3 visit buildup
- Store bought food
- No rest period
- Skip 3-4 months with little loss of protection
- “Don’t worry, be happy”

[in your life expect some trouble, but when you worry, you make it double]





“We are more often  
frightened than hurt;

and we suffer more from  
imagination than from reality.”

Seneca, philosopher, advisor to Emperor  
Nero, 1<sup>st</sup> century AD