

FOOD LADDERS ARE ^{NOT} SAFE AND EFFECTIVE

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STANDARD TESTING FAILS TO IDENTIFY PATIENTS WHO TOLERATE BAKED MILK

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- ▶ No useful predictors of Baked Milk OFC outcome
 - ▶ Cows milk IgE
 - ▶ Casein-IgE
 - ▶ SPT
 - ▶ Age, Sex, Race, Presence of: Atopic Dermatitis, Asthma, Allergic Rhinitis or other food allergies
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EFFICACY AND SAFETY OF BAKED MILK ORAL IMMUNOTHERAPY IN CHILDREN WITH SEVERE MILK ALLERGY: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED PHASE 2 TRIAL

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Take away points:

- After 12 months of baked milk
 - Cows Milk IgE did not decrease
 - Beta lactoglobulin IgE did not decrease

HOME-BASED COW'S MILK REINTRODUCTION USING A MILK LADDER IN CHILDREN <3 YEARS OLD WITH IGE-MEDIATED COW'S MILK ALLERGY

PEDIATRICS (2020) 146 (SUPPLEMENT_4): S353–S354

Study population:

- ▶ < 3 years of age
- ▶ Presented with only GI or Skin symptoms
- ▶ SPT <8mm
- ▶ 43% developed mild to moderate reactions.

RANDOMIZED CONTROLLED TRIAL OF A BAKED EGG INTERVENTION IN YOUNG CHILDREN ALLERGIC TO RAW EGG BUT NOT BAKED EGG

WORLD ALLERGY ORGAN J. 2017; 10(1): 22.PUBLISHED ONLINE 2017 JUN 16.

- ▶ Double blind RCT, BE tolerant egg allergic children consumed 10 g BE (1.3 g protein) 2 to 3 times per week for 6 months ($n = 21$ intervention group) or similar egg free baked goods ($n = 22$ control group) while maintaining an otherwise egg free diet.
- ▶ After the intervention there was no difference in raw egg tolerance between groups, (23.5% (4/17) intervention group and 33.3% (6/18) control group). This was independent of age and amount of BE consumed (aOR 0.50 CI 0.11–2.40 $p = 0.39$). Both groups demonstrated decreased egg specific serum IgE titres and decreased whole egg specific IgE/IgG4 ratios.

DELAYED ANAPHYLAXIS TO BAKED EGG AND BAKED MILK ORAL FOOD CHALLENGES

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- ▶ 53 BE/BM challenges (34 BE, 19 BM) and 121 challenges to other foods (14 egg, 25 milk, 52 peanut, 30 tree nut) that elicited objective symptoms
- ▶ In children reacting to BE/BM, initial symptoms occurred later (median 46 vs 25 min. after first dose; $p < 0.001$) and after consuming a higher percentage of the target amount (median 35% vs 10%; $p < 0.01$).
- ▶ Frequency of anaphylaxis and epinephrine use were greater for BE/BM (41.5% vs 24.8%; $p = 0.03$), and median duration from first-dose to epinephrine administration was longer (92.5 min. vs 61.0 min; $p = 0.02$).

REACTIONS ARE NOT ONLY MILD

Alabama Boy, 3, Dies of Severe Reaction During Baked Milk Challenge Test

- **July 30, 2017**
- **Children's Hospital of Alabama in Birmingham.**

REACTIONS ARE NOT ONLY MILD

- ▶ May 20th 2021
- ▶ 9 year old Female
- ▶ Eating daily muffin with milk starting end of 2020
- ▶ 2 hrs post muffin dose
 - ▶ Sneezing and wheezing
 - ▶ Mother contributed to spring allergies
 - ▶ Albuterol administered
 - ▶ 15 min later itchy
 - ▶ Benadryl administered
 - ▶ Pt blurted out needed to go to hospital
 - ▶ Epi Given, possibly not effectively. Gave 2nd dose immediately
 - ▶ 911 called, expired before reaching hospital.

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