

OIT Should Be Started Early

pro/con debate

Werner Carr MD / James Baker MD

Werner Carr Questions

- What foods
- What age
- What tests are done at what age
- Cost of testing
- Outcome

Goals of Food Allergy Management

- Safety
- Nutrition
- How and when to use adrenalin
- Simplify life of parents and child
- Manage the case for the referring physician
- Outline future plans

Age based management

- Birth to age of mobility (vectors)
- Age of mobility to age 4 (food and confusion)
- Age 4 to age of understanding (food and confusion)
- Grade school / high school (special problems)
- After leaving the home (not in control of food supply)(crazy behavior)

Life Changers

- Milk, wheat, eggs and soy – easy to avoid up to the age of mobility
 - Avoidance adrenalin strategy very effective, minimal cost
 - Worry about the vector
 - These are the foods one tends to outgrow
 - Baked milk and baked egg challenges possible at age 2
- Benefit risk and benefit bother ratio with all other foods negative

Why I Do Not Desensitize Young Patients

- Lack of experienced personnel (need a retired pediatric intensive care nurse)
- You do not know you are trouble until you are in big trouble.
- I have not intubated a patient since my residency
- I do not start an IV on any of my patients before procedure
- I have done one tracheotomy in my career
- Fatal anaphylactic reactions can be very rapid
- 911 available within 7 minutes at my office

Other Factors

- Have enough 4 year olds to keep me busy
- Rarely have trouble with 4 and older
- Good chance of outgrowing
- Cost of treatment for young families
- Blood draw requirements
- BAT not approved
- BAT 95% accurate; 1 out of 20 patients will be wrong
- Oro-facial rash of AD

The Art of Thinking Clearly

- “Danger invites rescue” (Palsgraff vs Railroad)
- Action bias – the tendency to do something; an error of commission is harder to defend than an error of omission
- Consider all strategies and pick the best

The Art of Thinking Clearly

- Confirmation bias – the tendency to interpret new information so that it conforms to existing theories, beliefs and convictions, a tendency to filter out any new information that contradicts our existing views.
- Availability bias-doctors tend to have favorite treatments which they use for all possible cases. They practice what they know. Fend this off by spending time with doctors who think differently than you do, peoples whose experiences and expertise are different from yours.
- Beginners luck-be wary of early successes

Community Reputation

- Sell non-treatment when appropriate
- Sell the person not there
- This is a new field; go slow with referring physicians
- Reasonable man hypothesis rules
- One mistake vs multiple mistakes