

FAST 2026 FOOD ALLERGY TREATMENT SURVEY

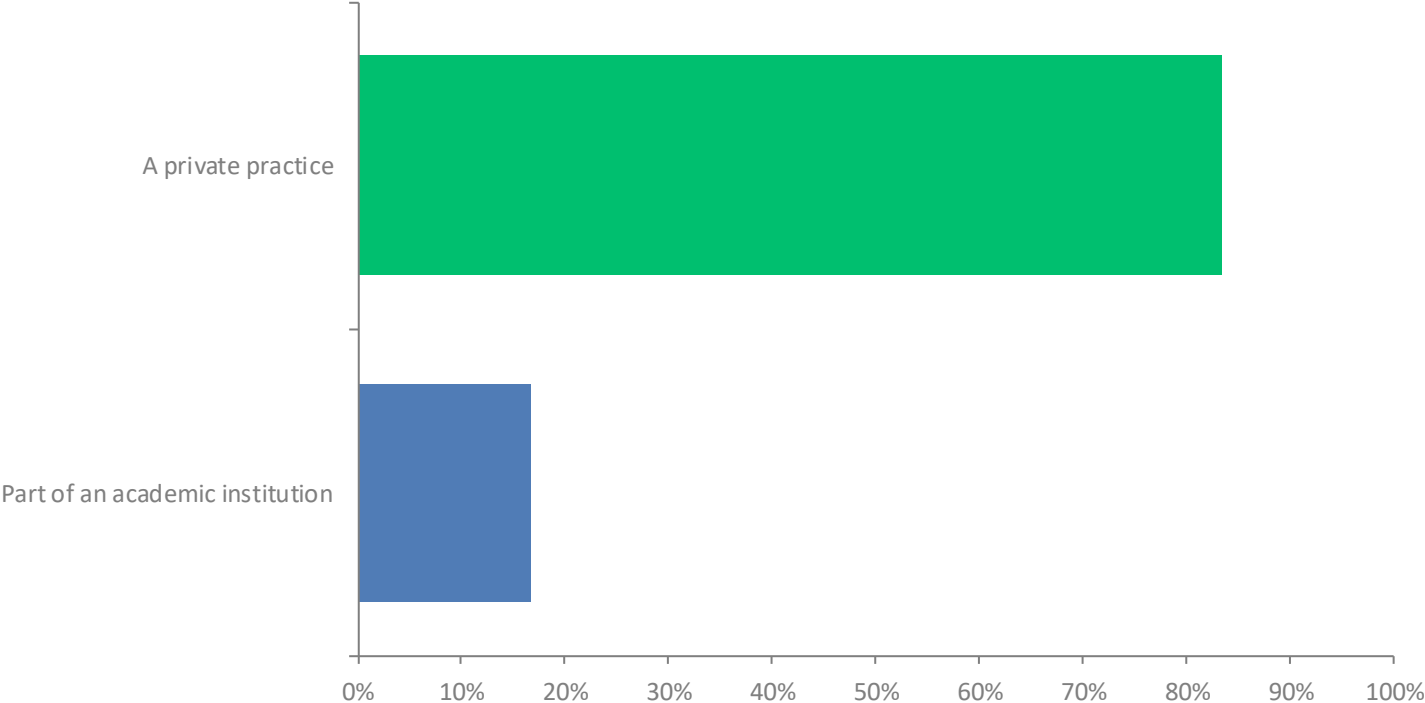
Richard L. Wasserman, MD, PhD
Director of Medical Affairs
CureNet Research, LLC

Survey Details

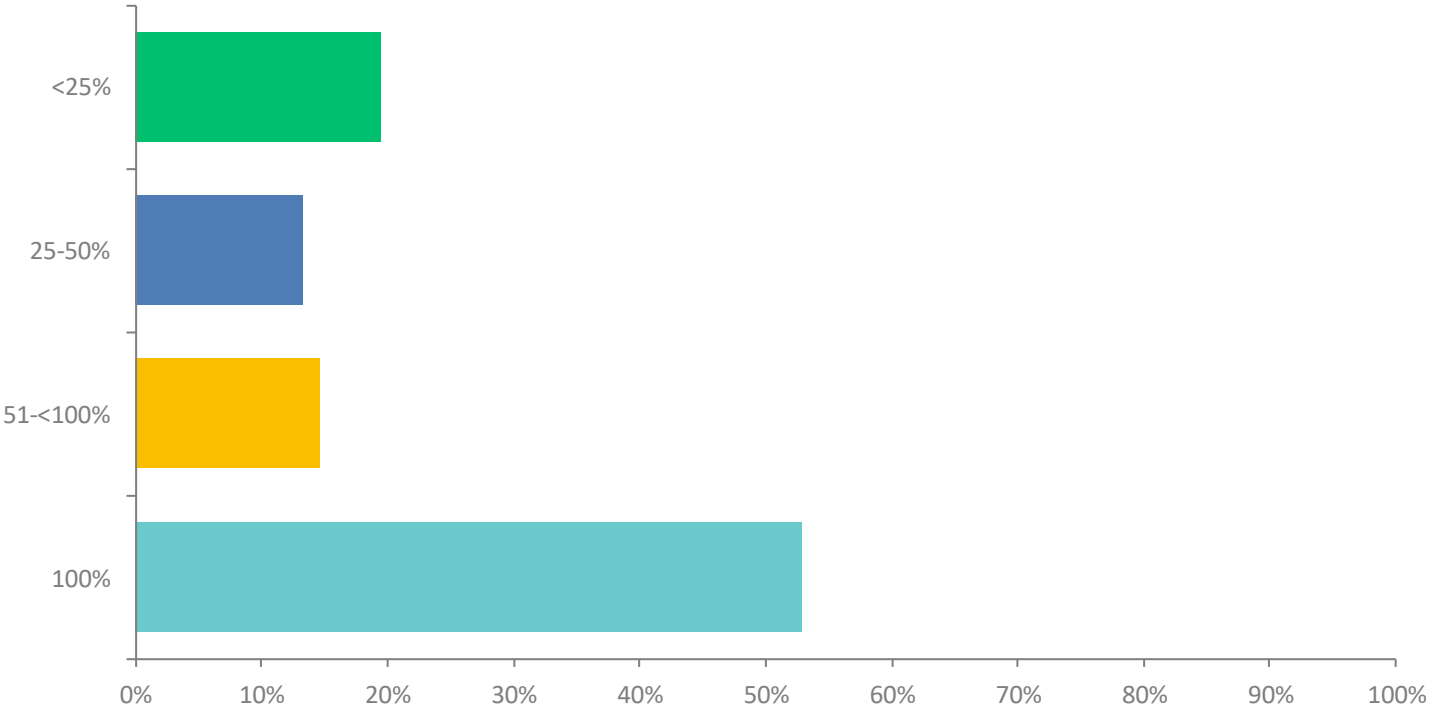
- Designed in Survey Monkey
- Survey was open from February 1, 2026 to April 30, 2026
- 151 Practices responded but 7 skipped every question
- Number of questions was limited to improve the completion rate
- Responses were de-identified before analysis
- This presentation reports the percentage of respondents answering a question who chose a response option

Practice Information

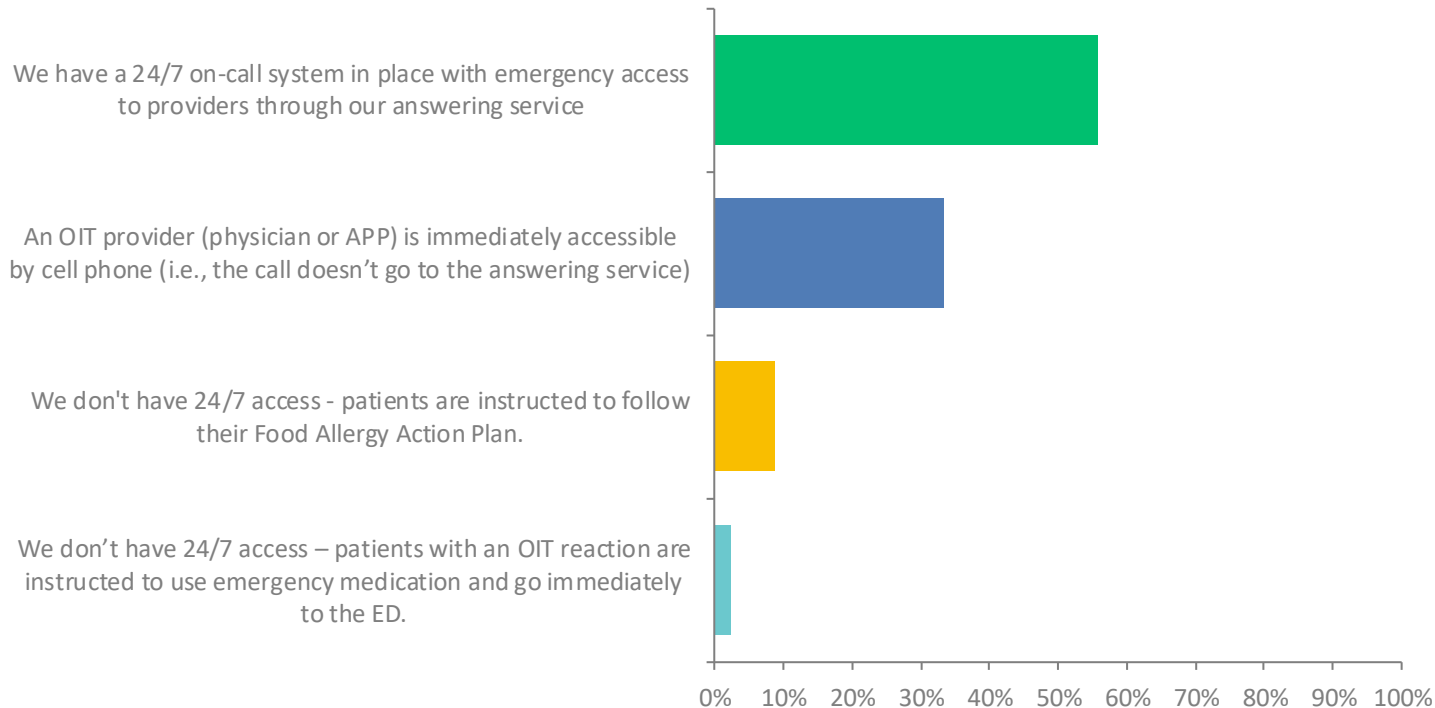
Survey Respondents: Private or Academic Practice



What Percentage of Practice Physicians Participate in AIT

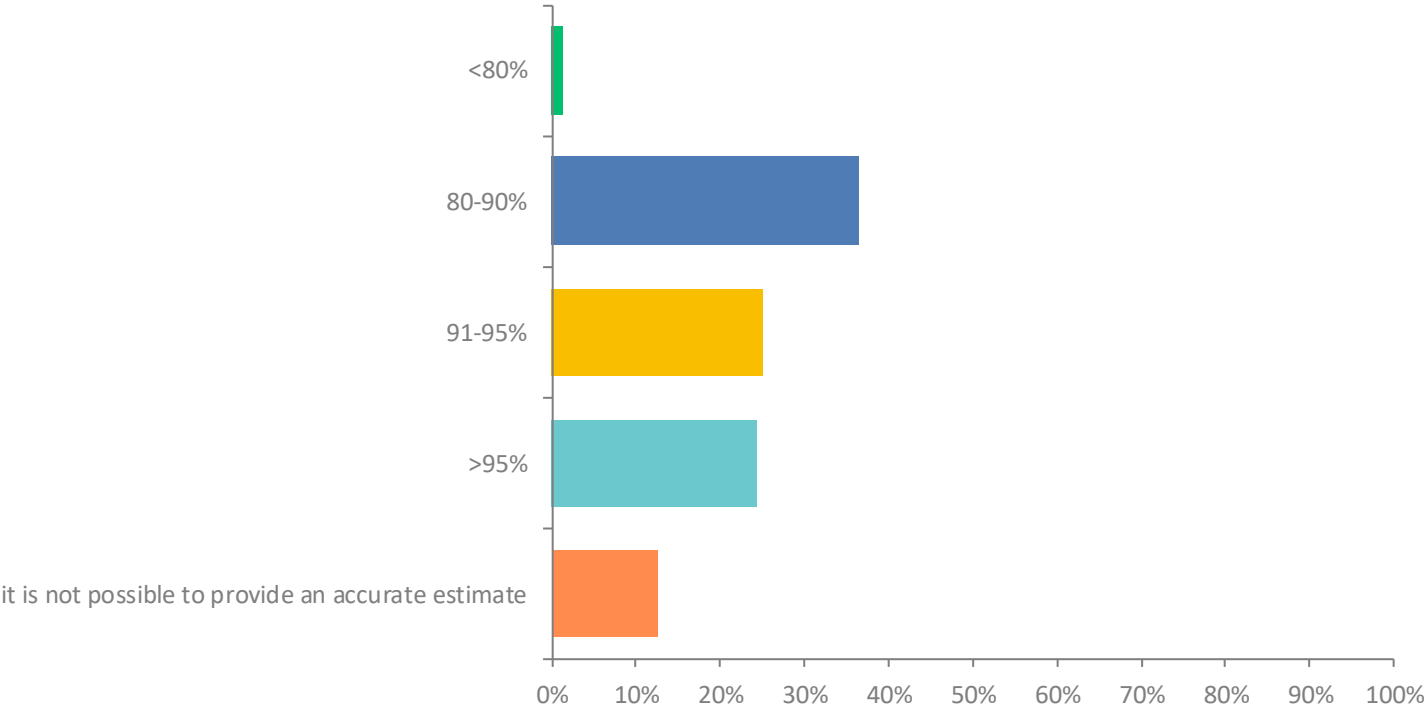


OFF Hours OIT Reactions Coverage

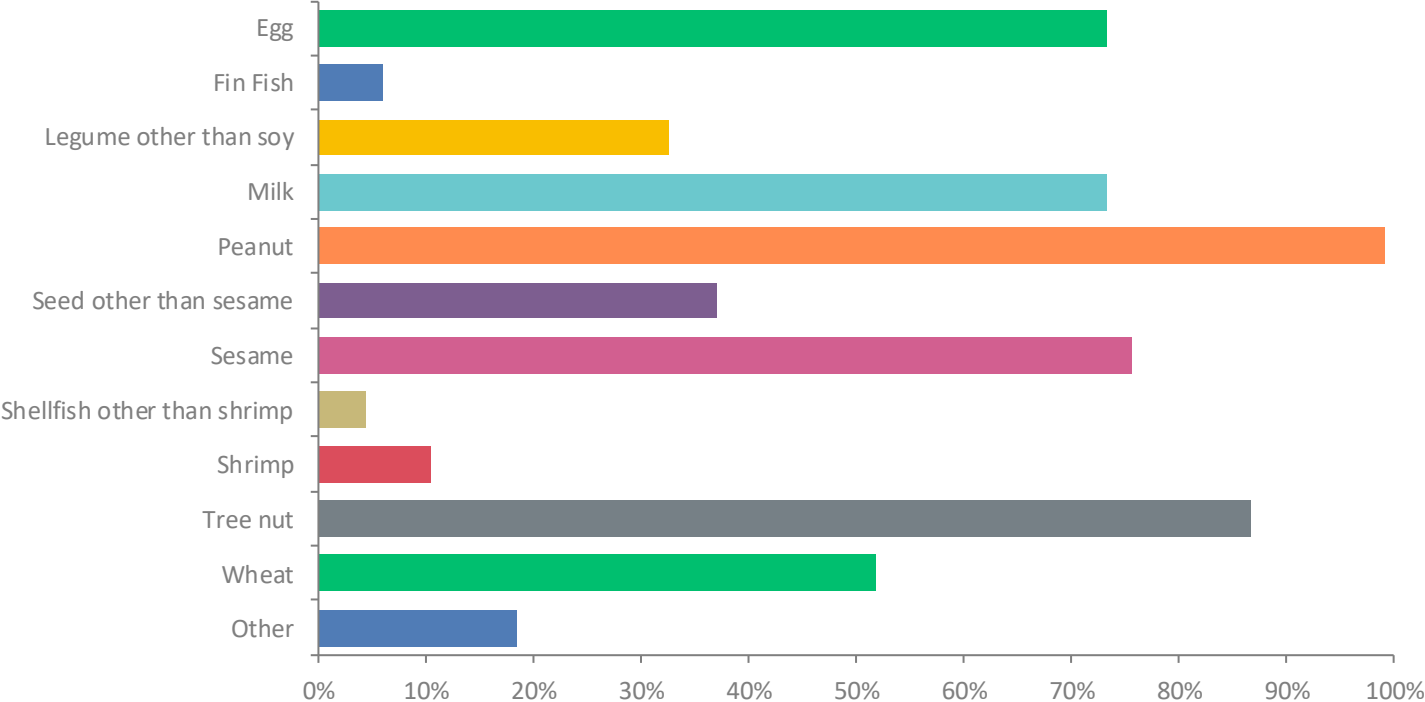


Oral Immunotherapy

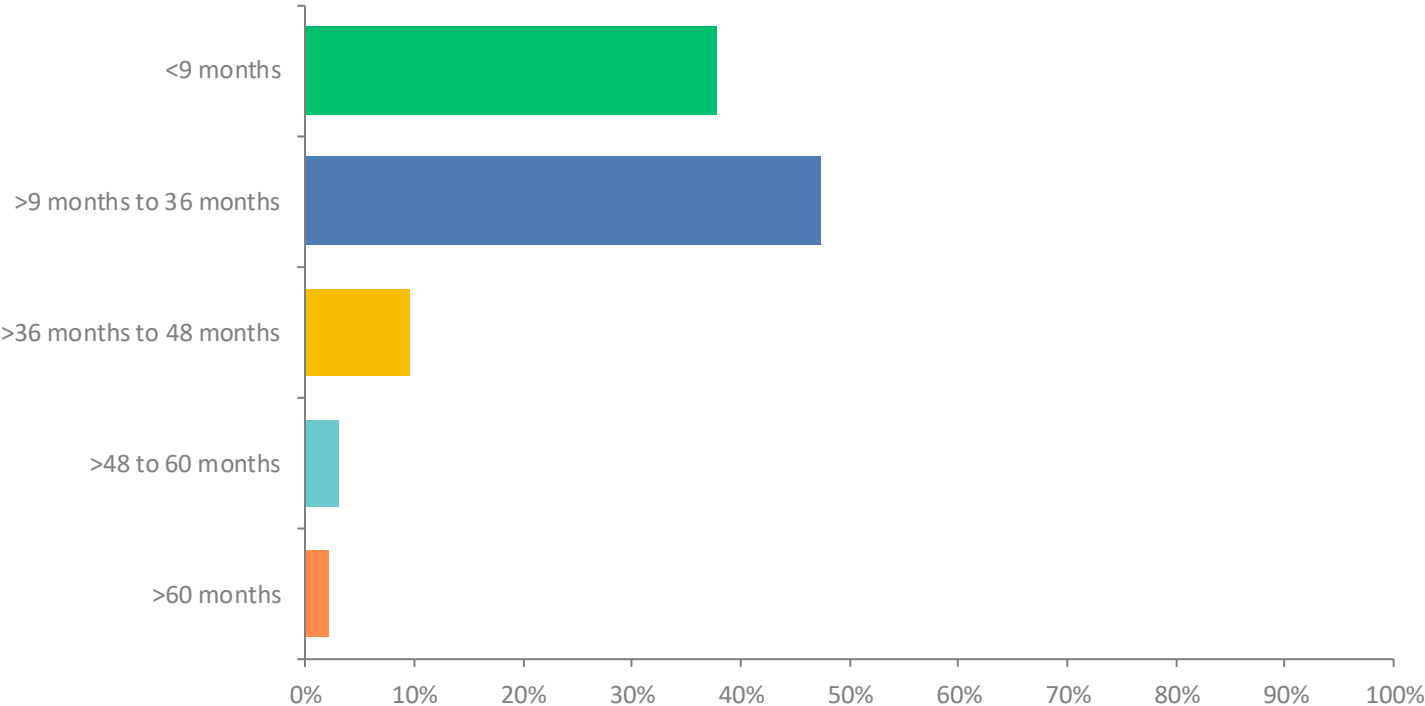
OIT Starts Reaching the Pre-Determined Target Dose



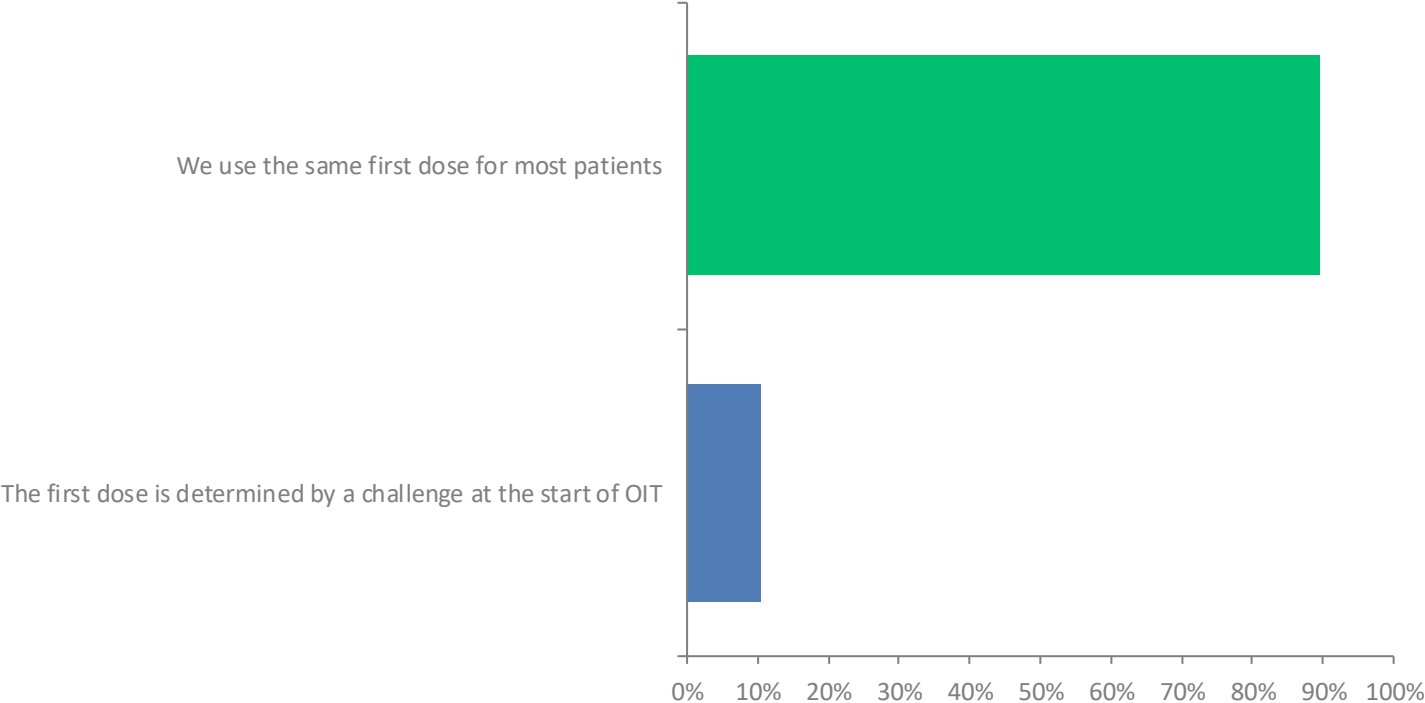
Food Allergens Used for OIT



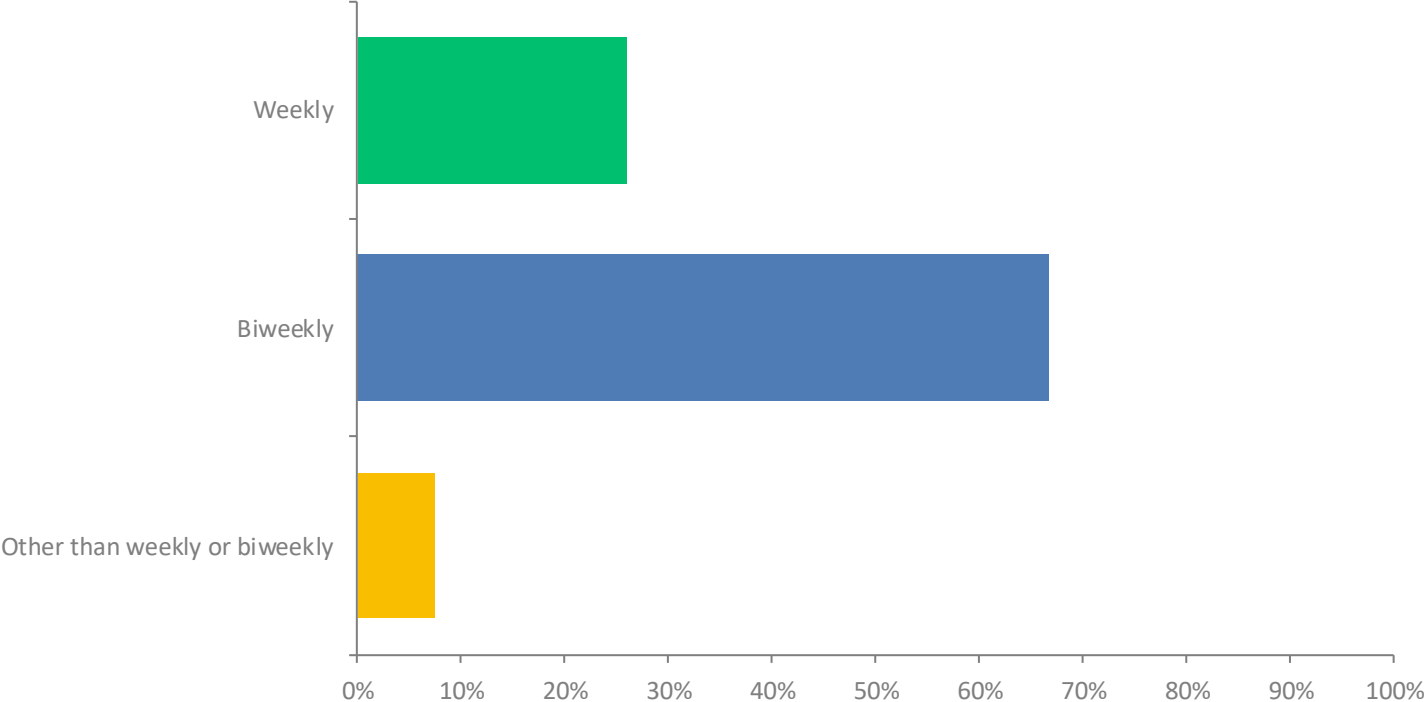
Earliest OIT Starting Age



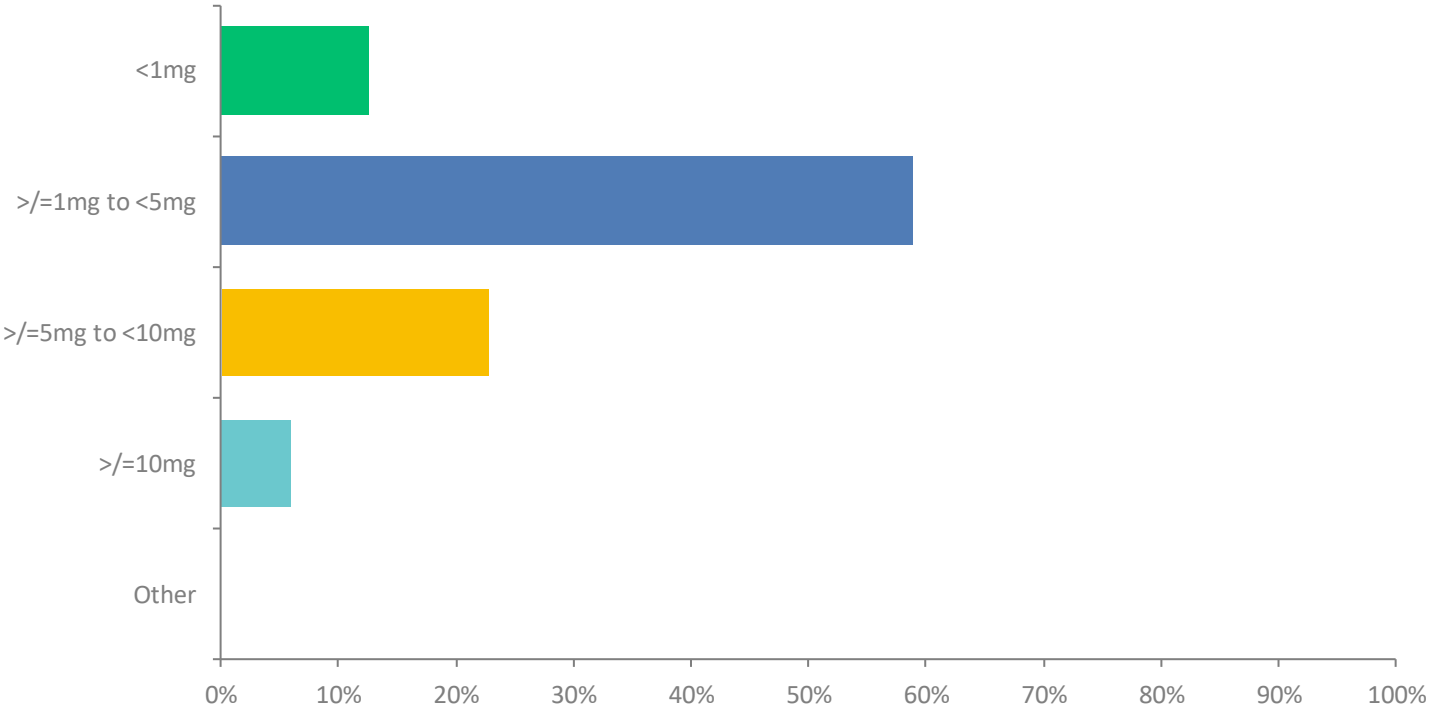
OIT Starting Dose: Protocol-Based or Challenge-Based



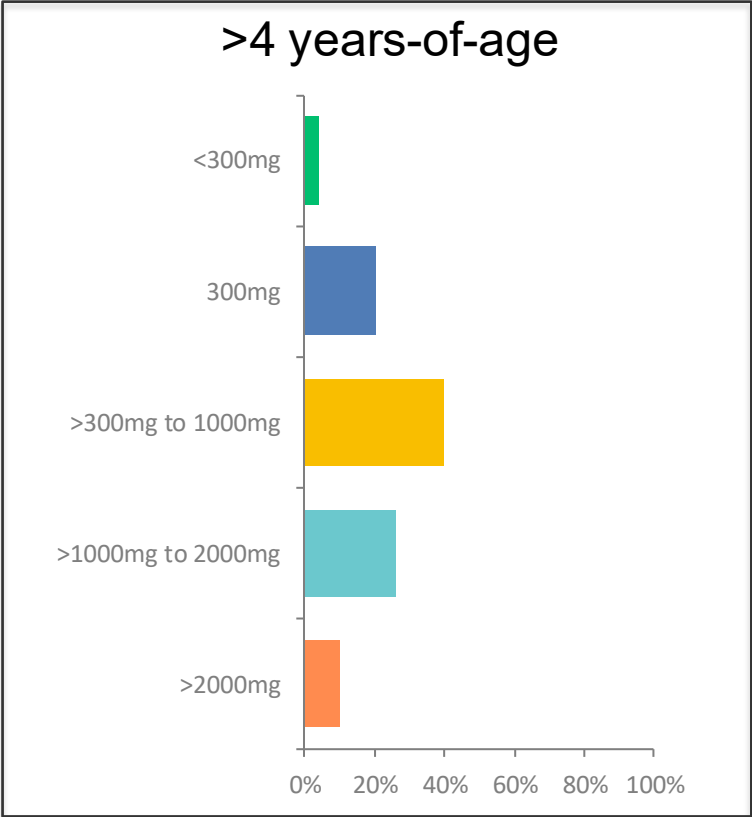
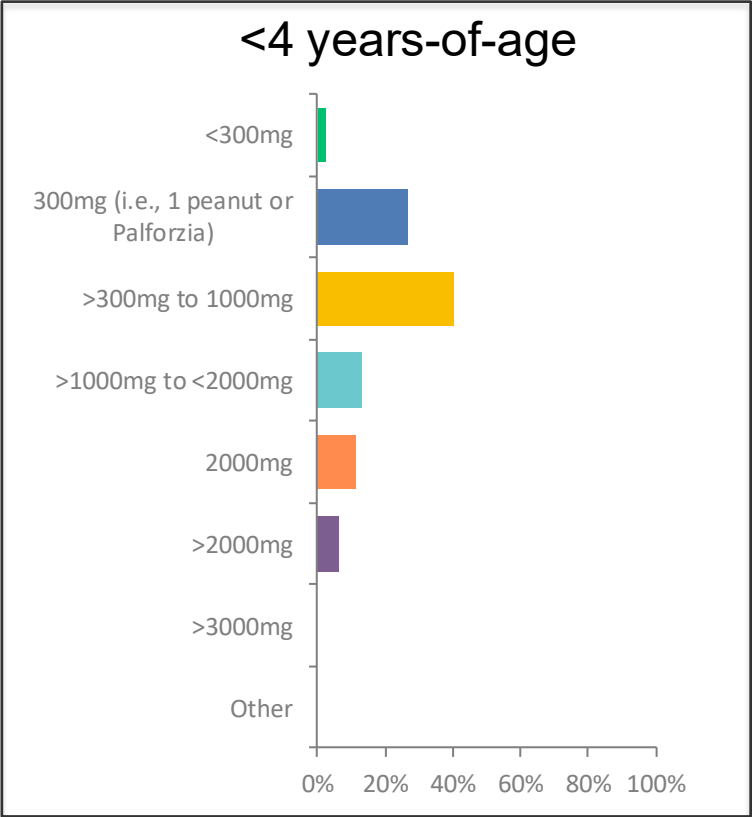
Routine Dose Escalation Frequency



Routine Day One Peanut Target Dose



Maintenance Peanut Protein Dose

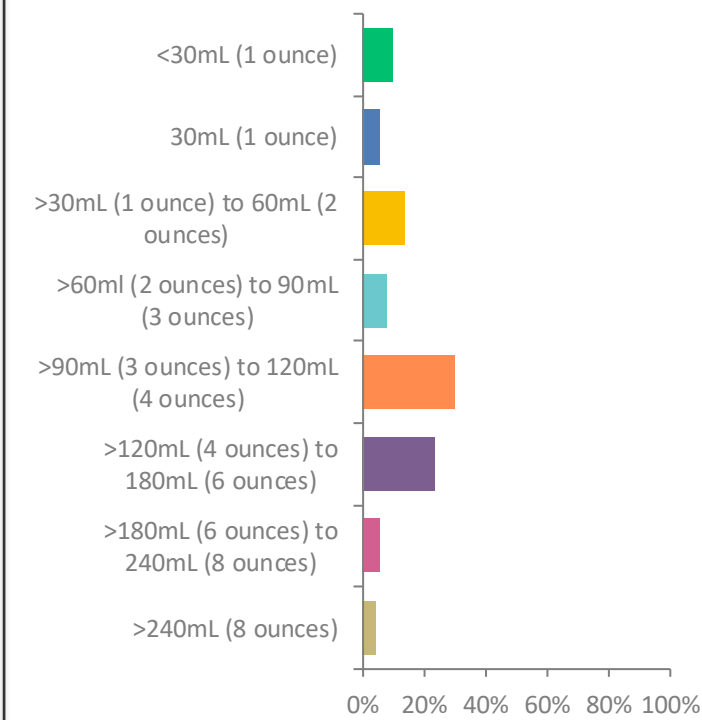


AIT Treatment Modalities for Selected Foods

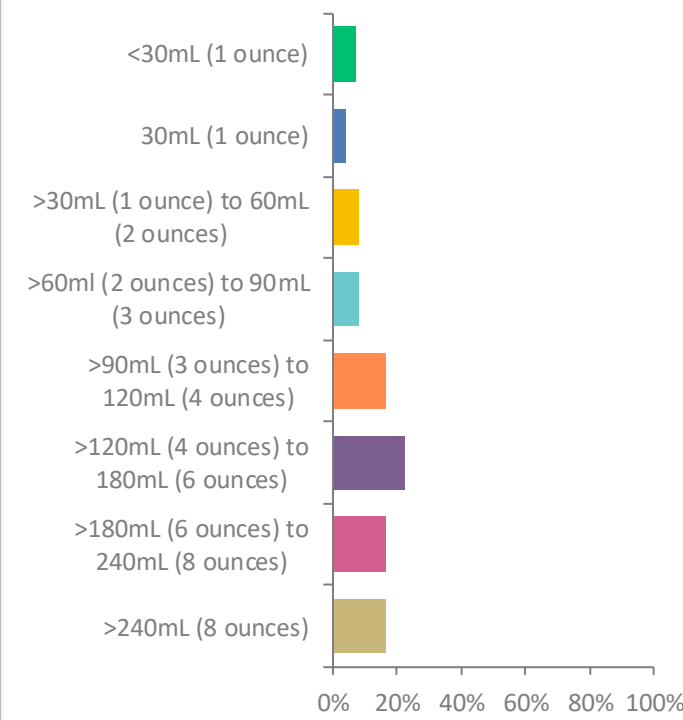
Food	OIT Only	SLIT Only	OIT or SLIT	Don't Treat
Unspecified	48.6	2.7	48.6	---
Peanut	53.0	0.0	47.0	0.0
Tree Nuts	49.6	0.8	43.5	6.1
Milk	36.1	1.7	43.7	18.5
Egg	43.4	0.0	45.3	11.3

Milk AIT Maintenance in Patients

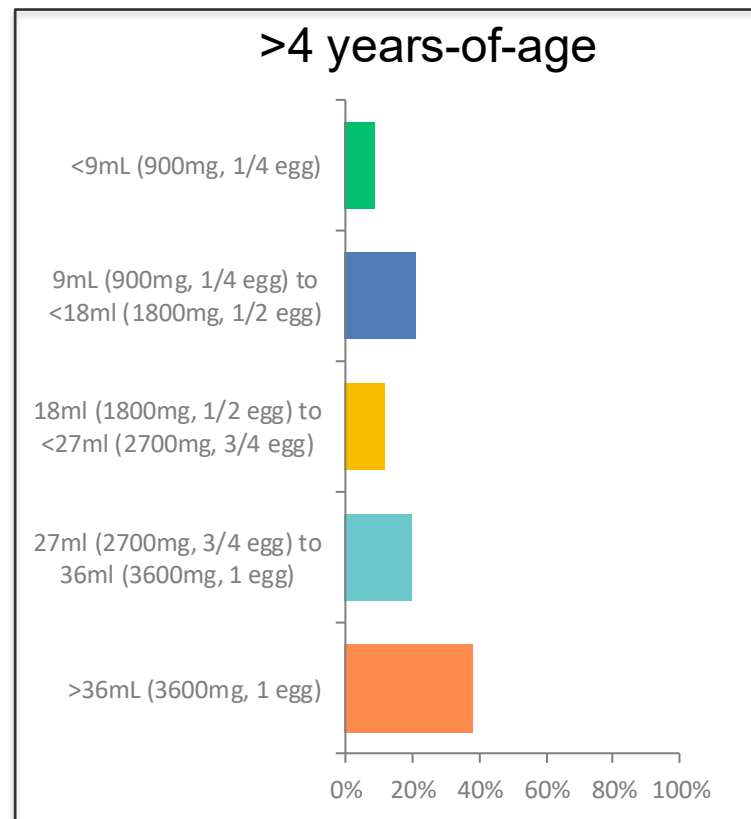
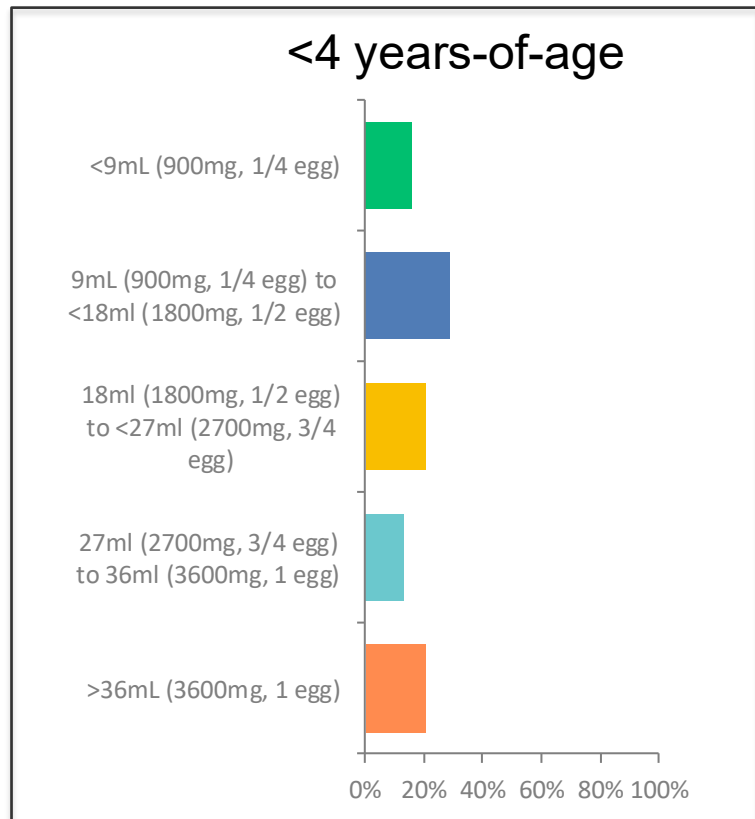
<4 years-of-age



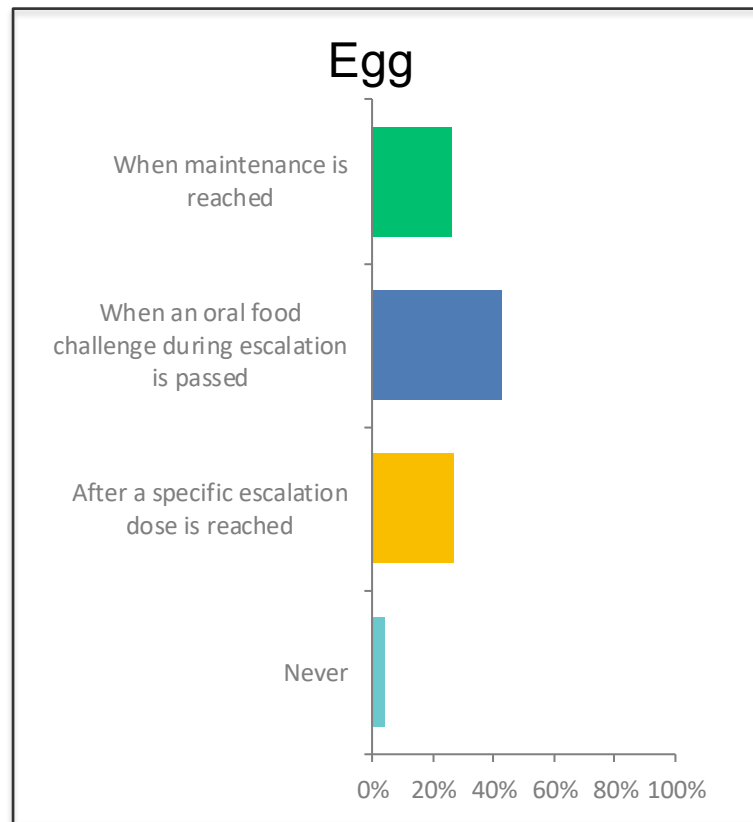
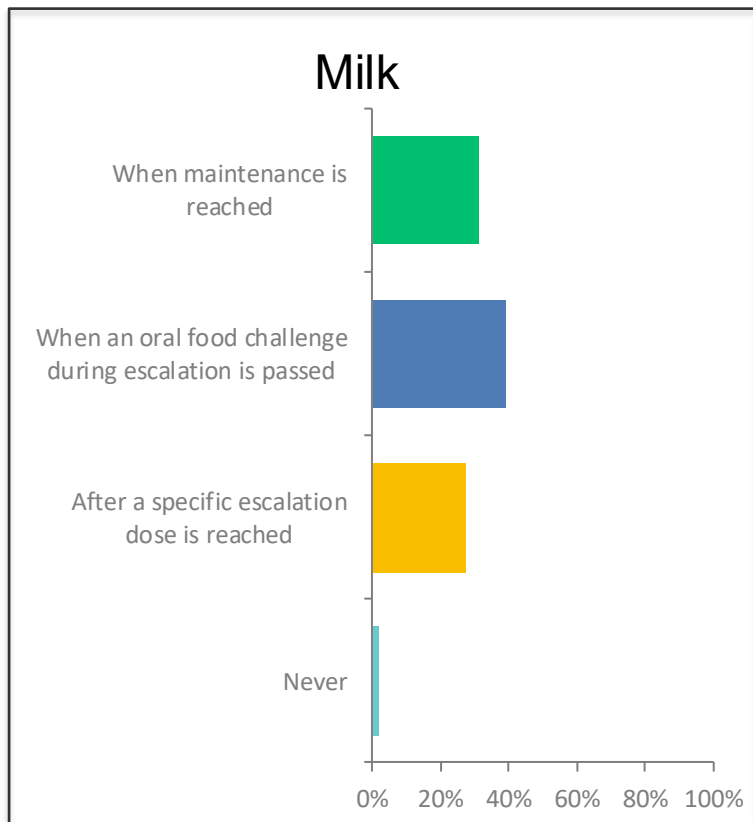
>4 years-of-age



Egg AIT Maintenance in Patients

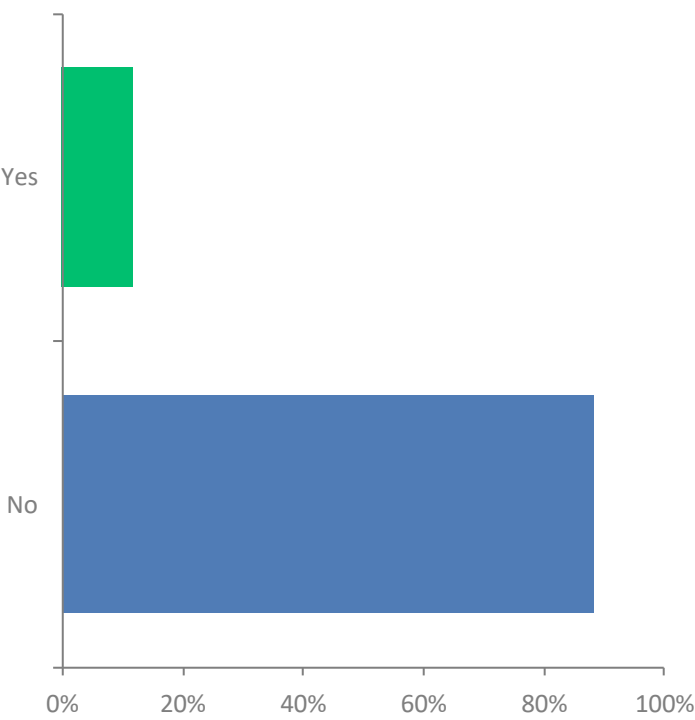


When is Baked Milk and Baked Egg Introduced Into the Routine Diet?

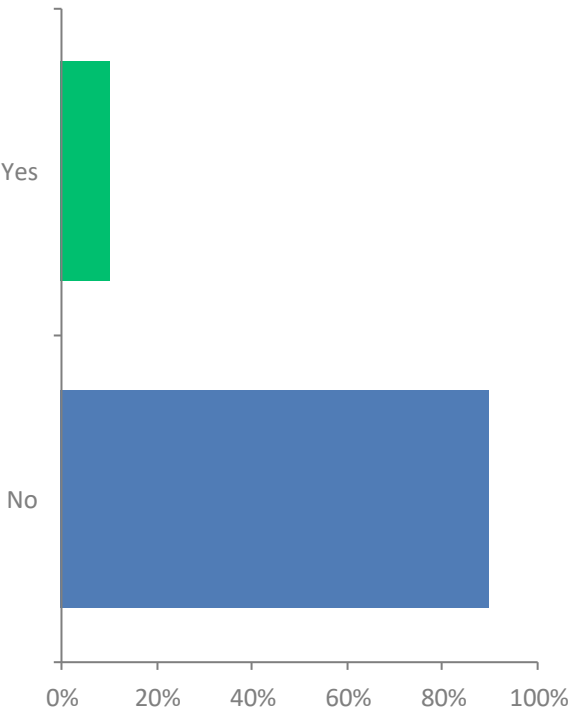


10% of Respondents Commonly Permit Baked Milk, Partially Cooked Milk, or Partially Degraded Milk (Yogurt or Cheese) and Baked Egg for Updosing?

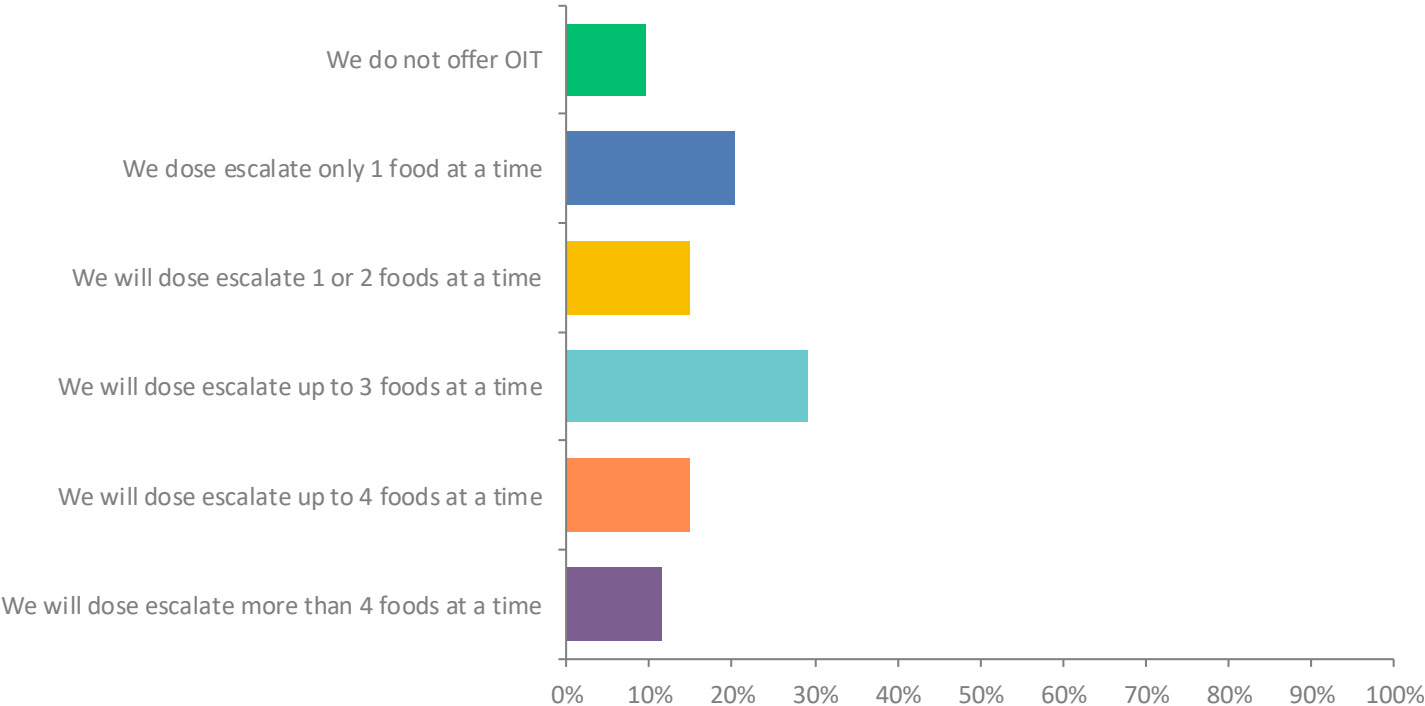
Milk



Egg

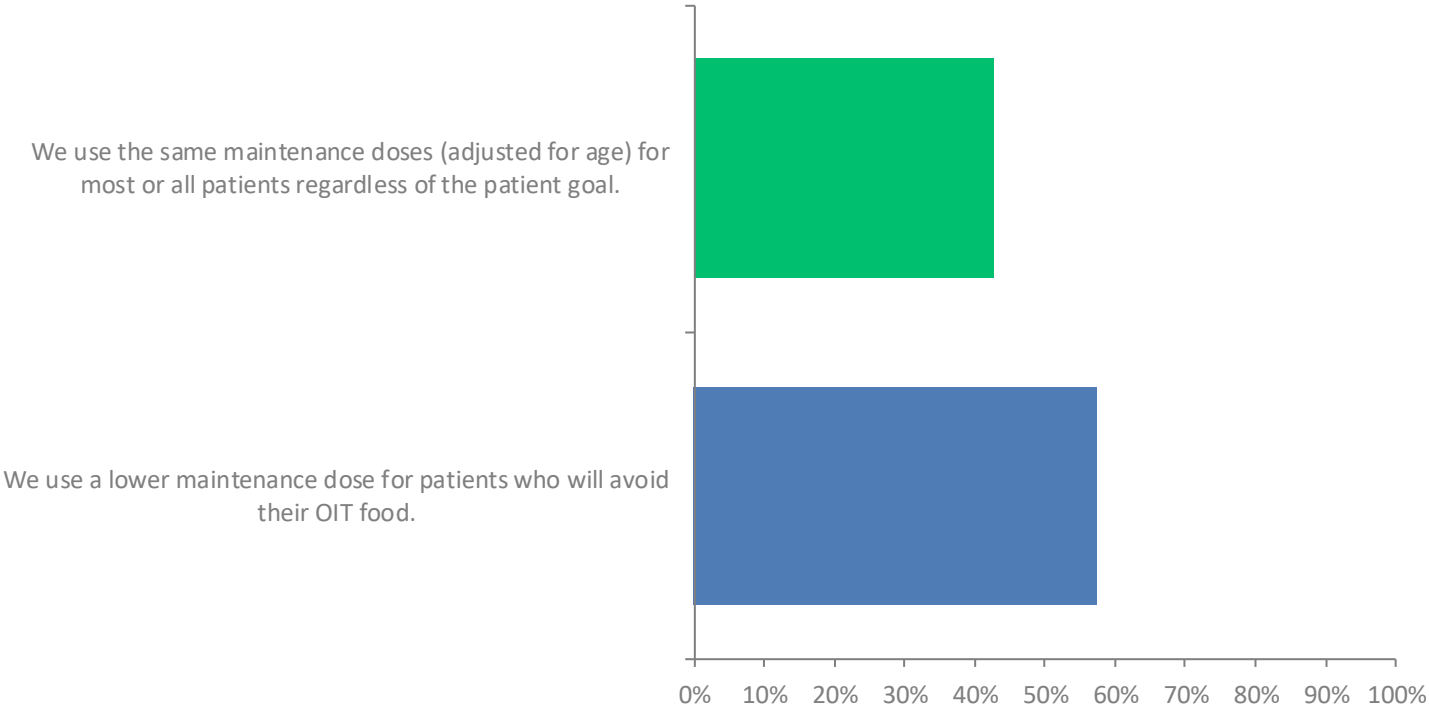


Multi-food OIT

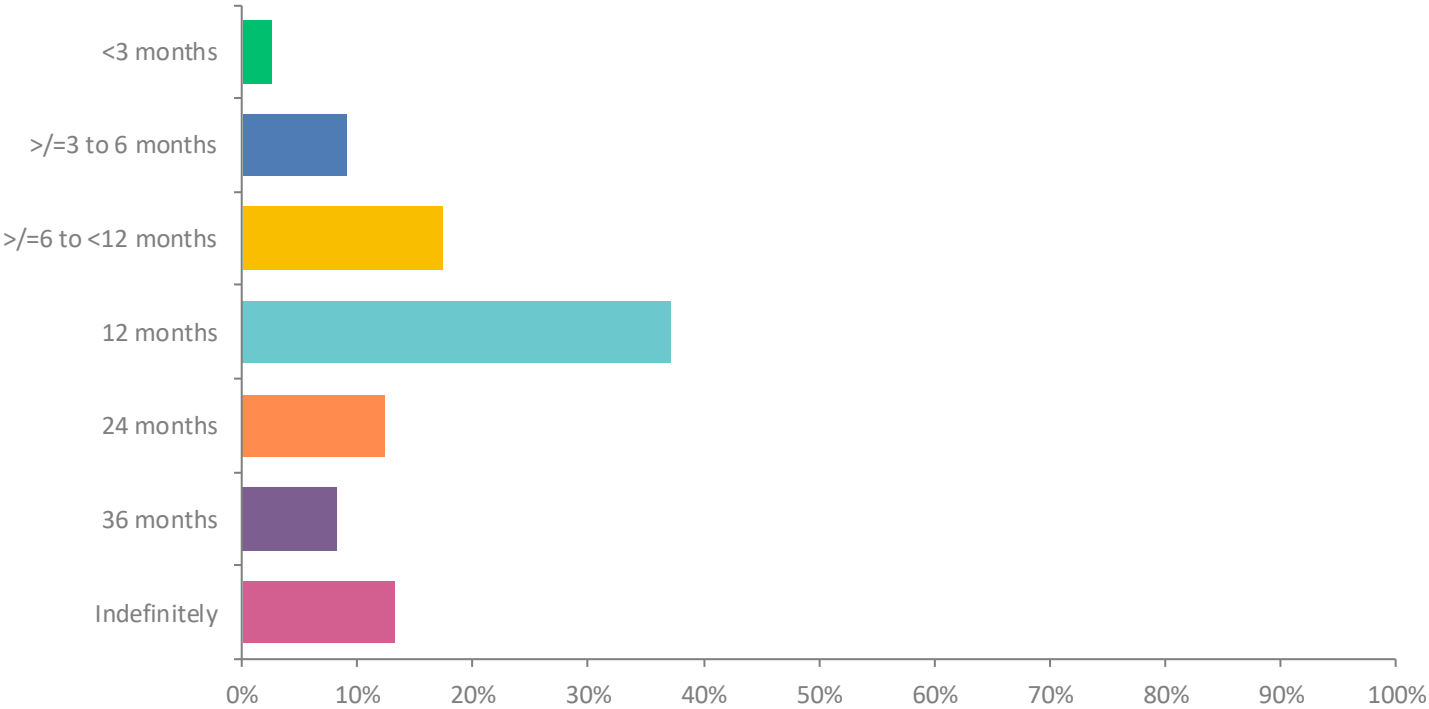


Maintenance Dosing

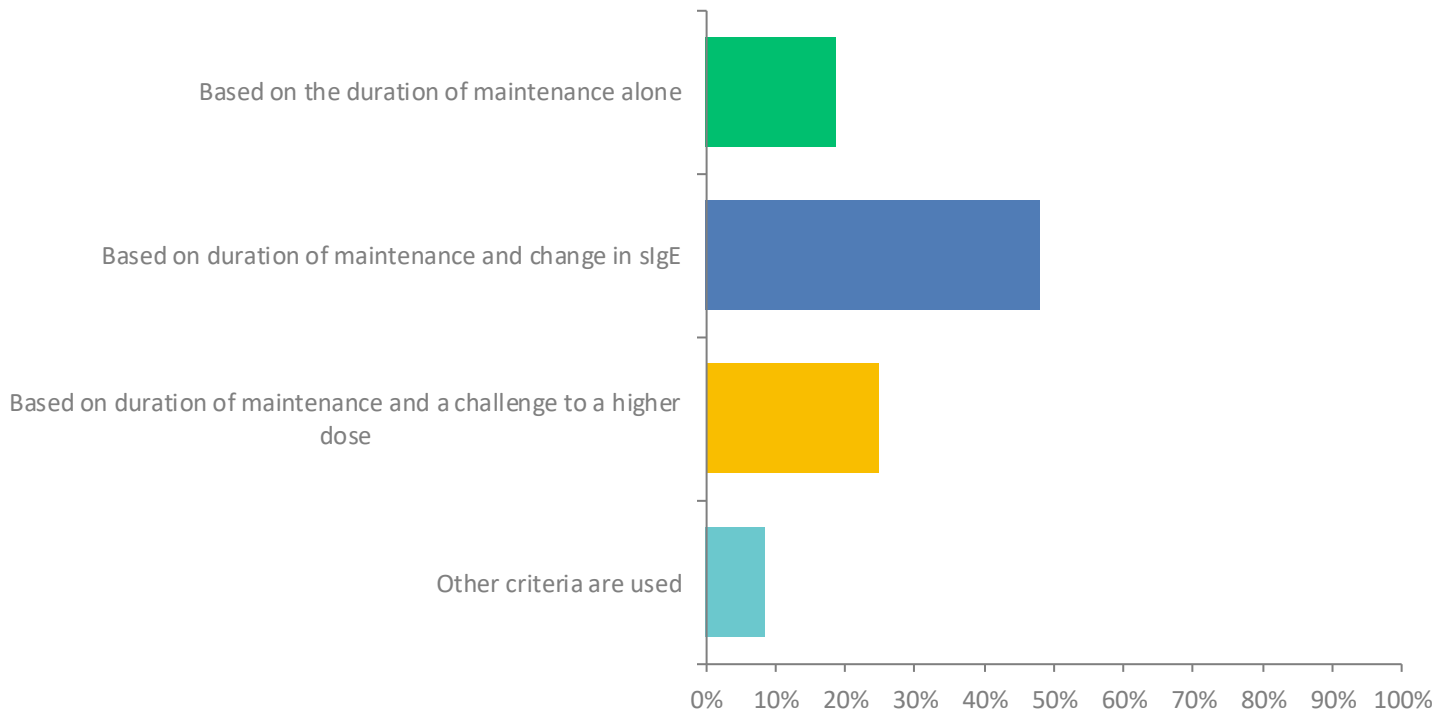
OIT Goals and Maintenance Dose Variation



Minimum Time at the Post-Escalation Dose Before Considering Dose Frequency Reduction

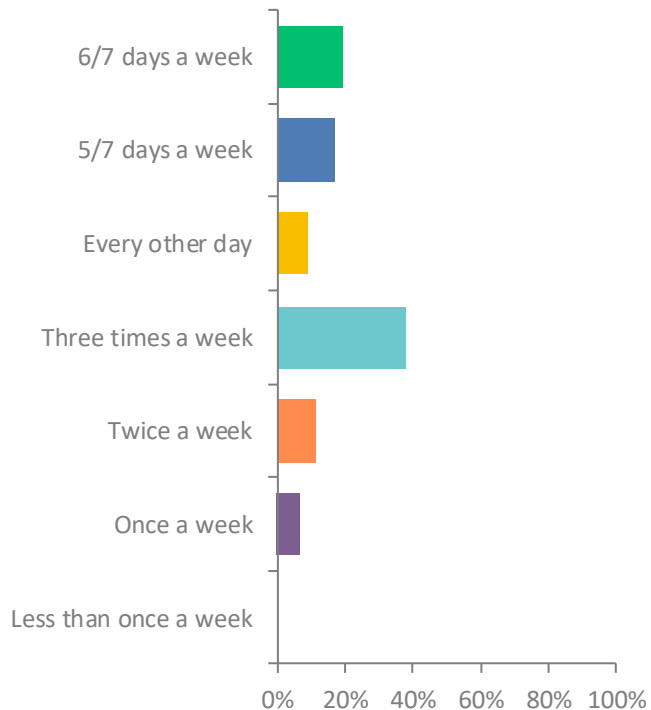


Timing of Dose Frequency Modifications

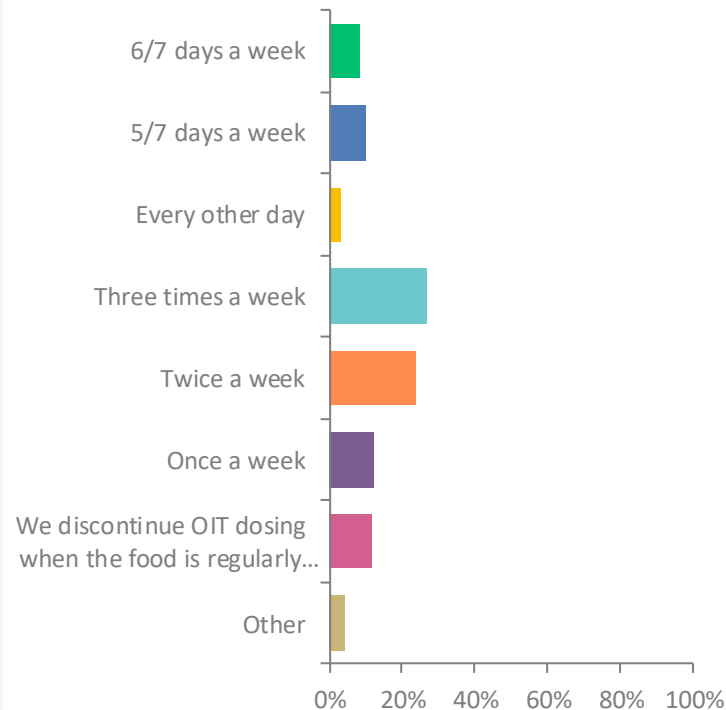


Minimum Maintenance Dosing Frequency

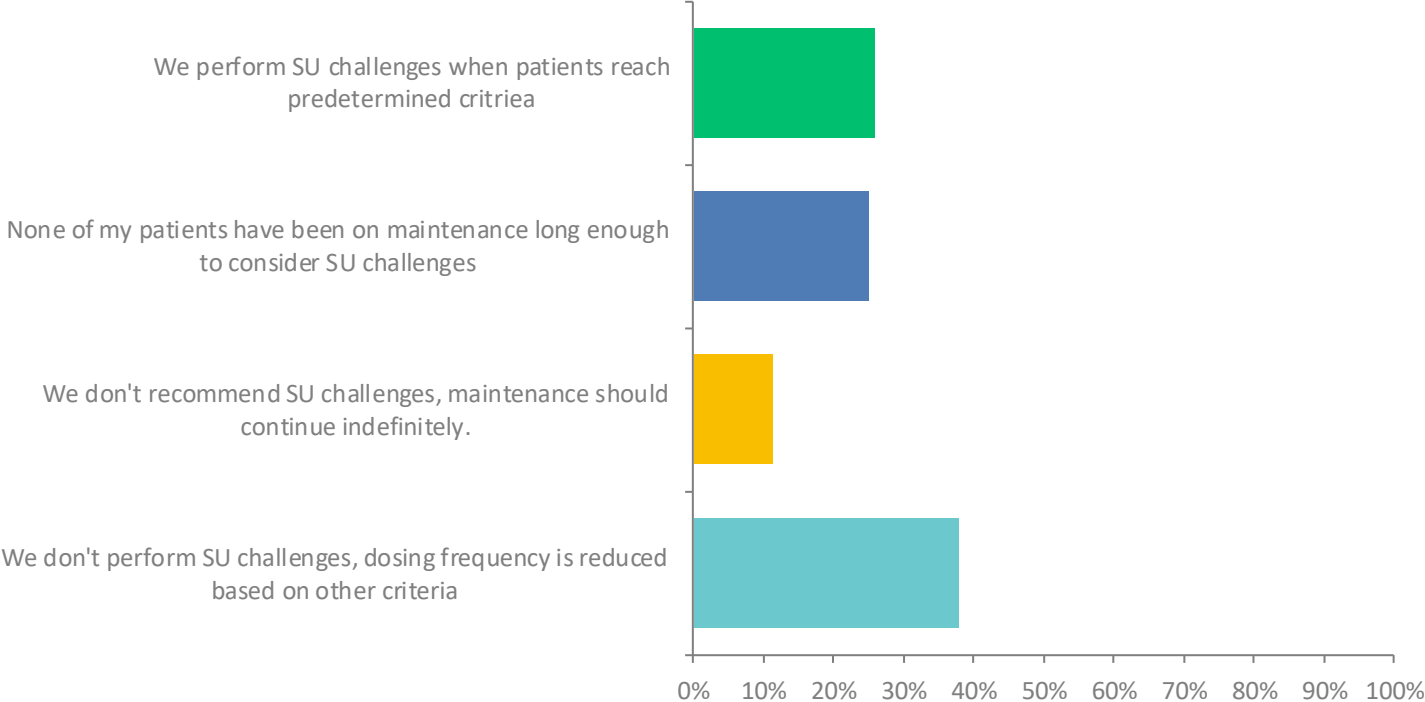
Avoiding the OIT Food



Free Eating

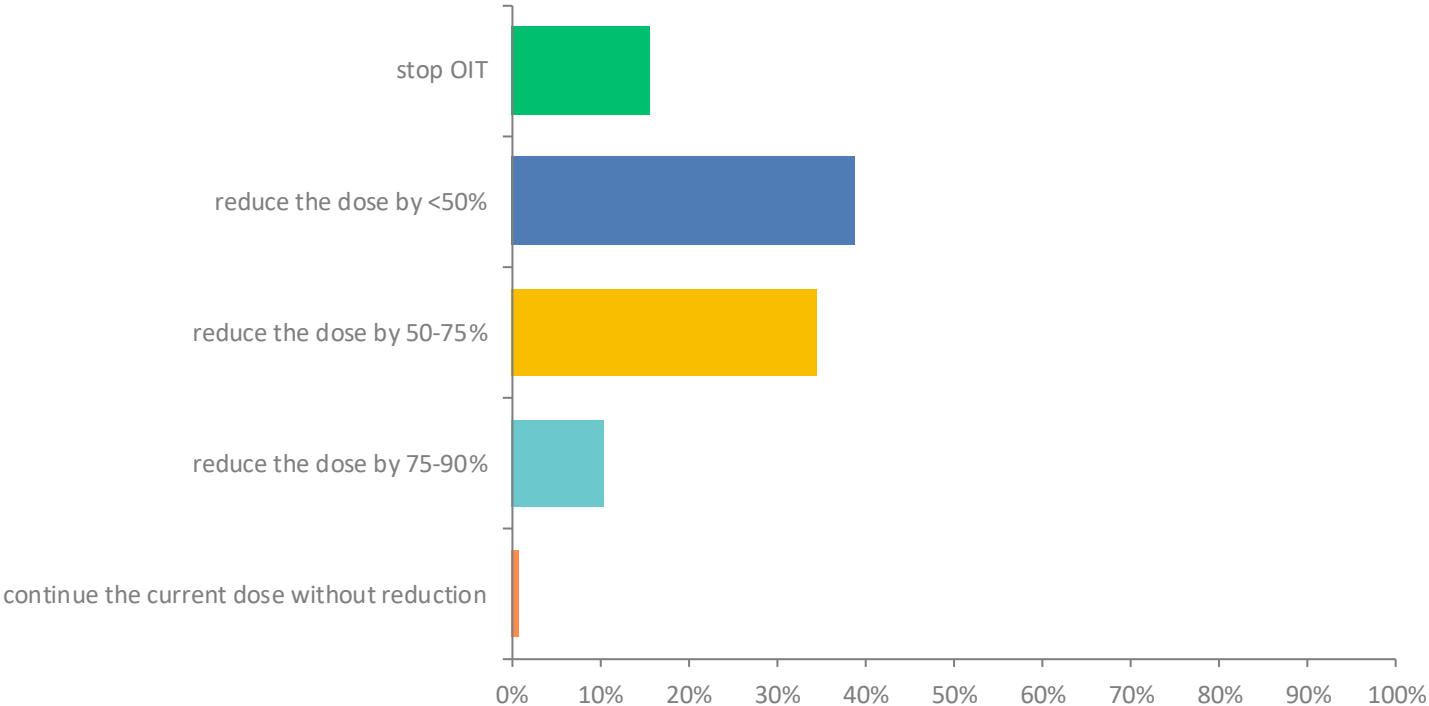


Sustained Unresponsiveness (SU)



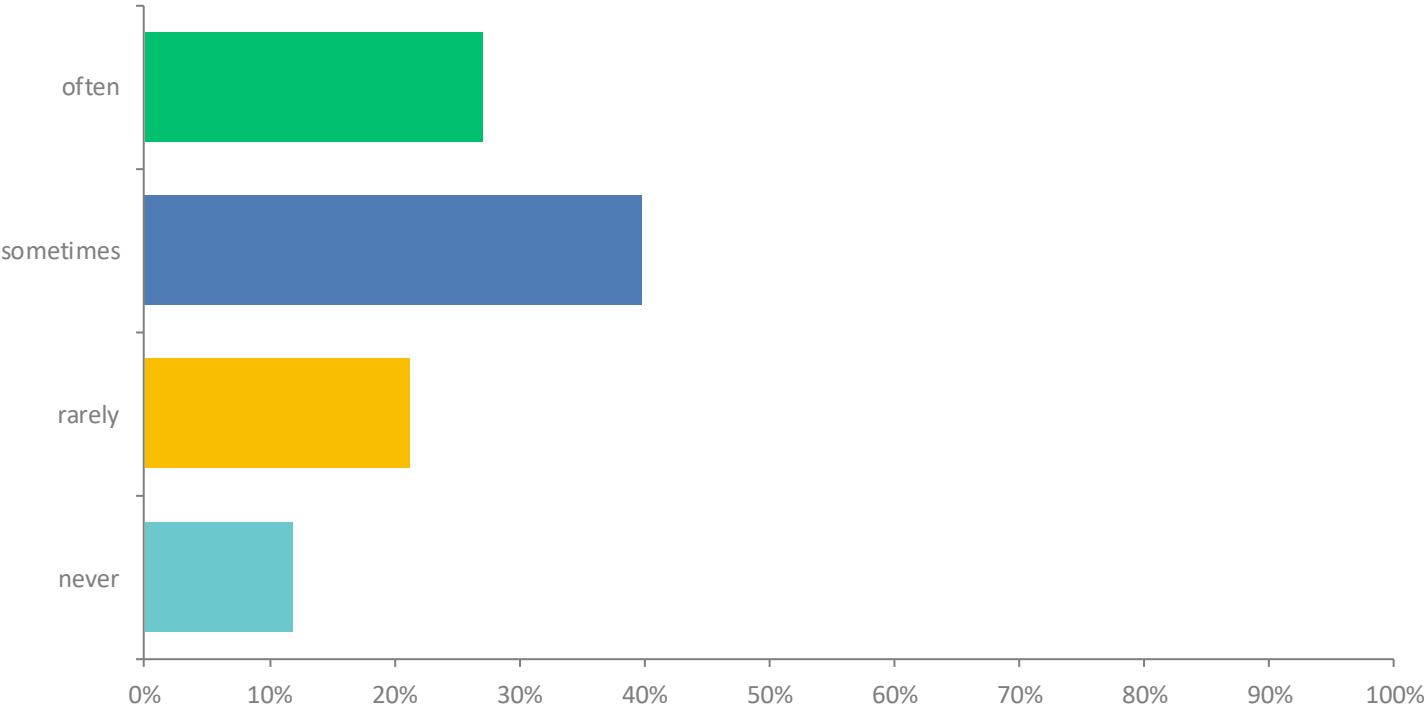
Eosinophilic Esophagitis-Like OIT-Related Syndrome

Initial Dose Modification for Suspected ELORS or OITIGER

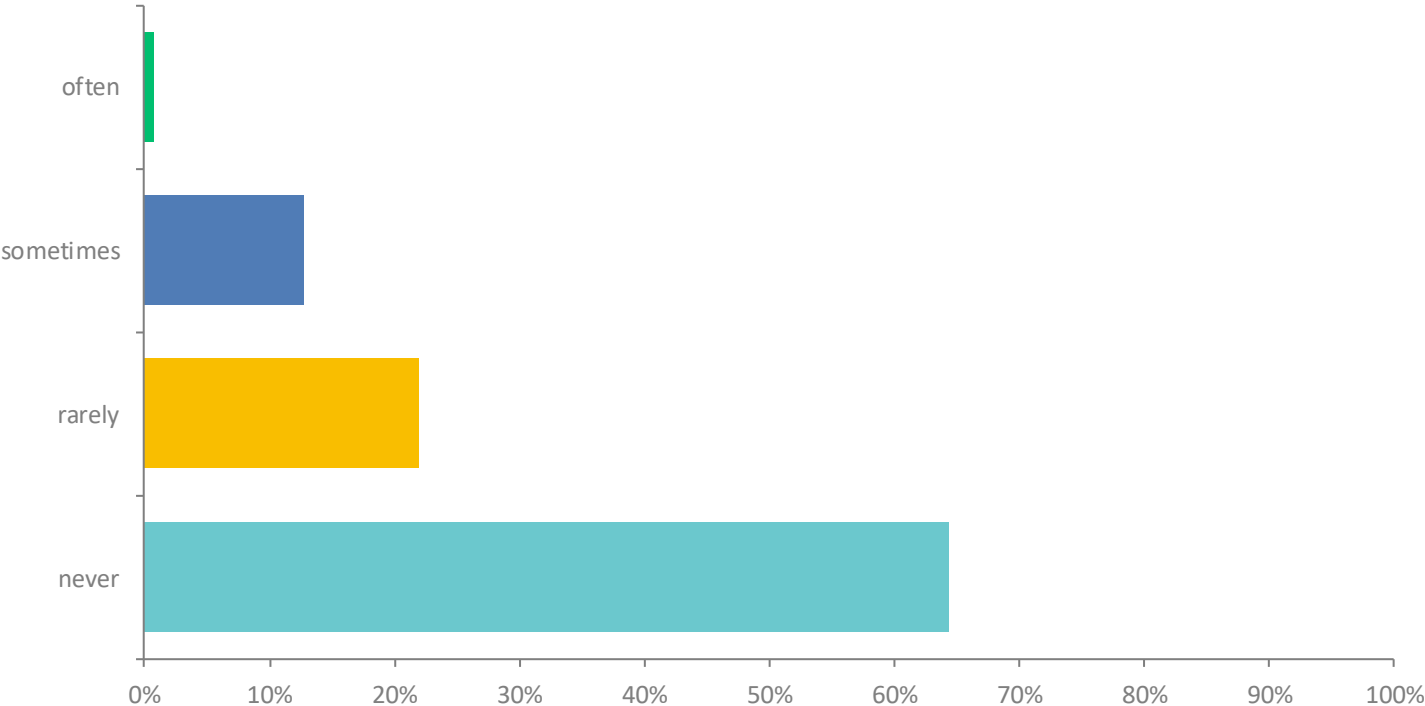


PPI Use for Suspected ELORS or OITIGER (in Addition to Dose Modification)

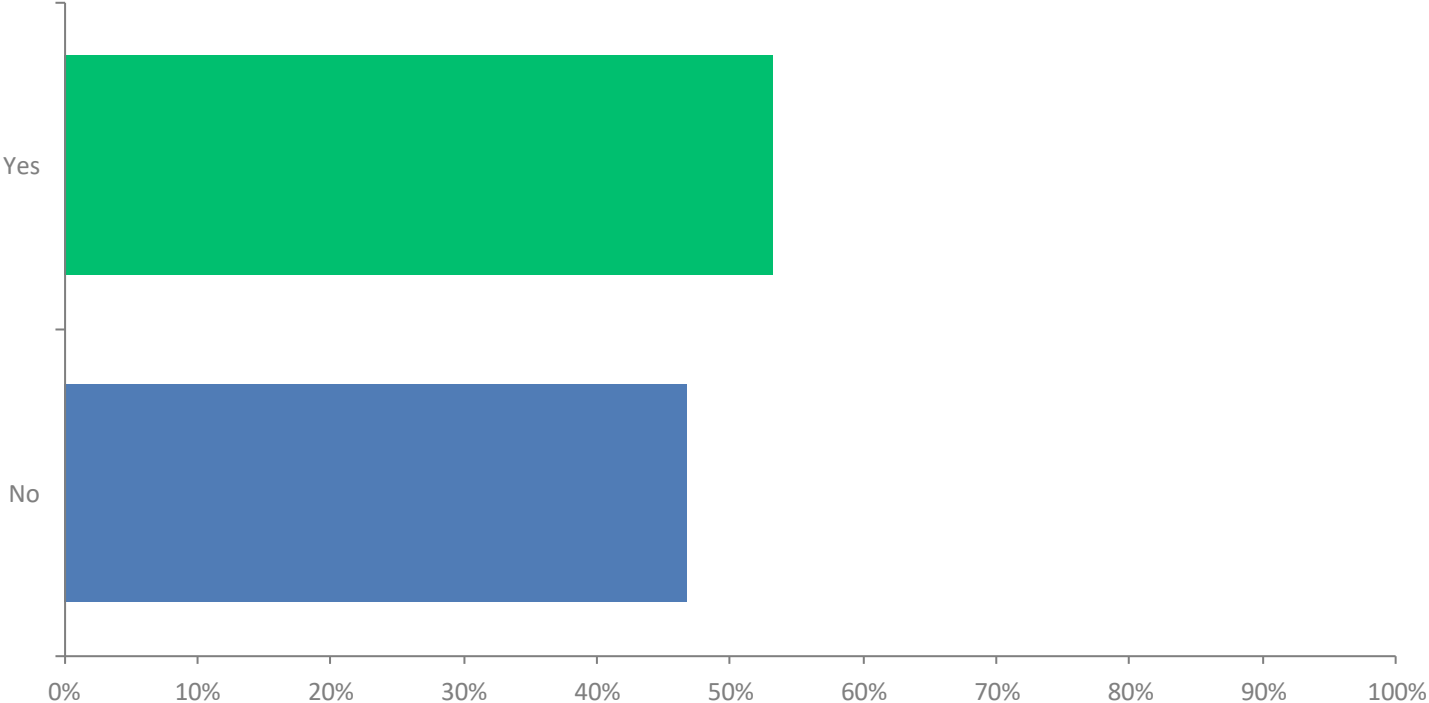
Answered: 118 Skipped: 33



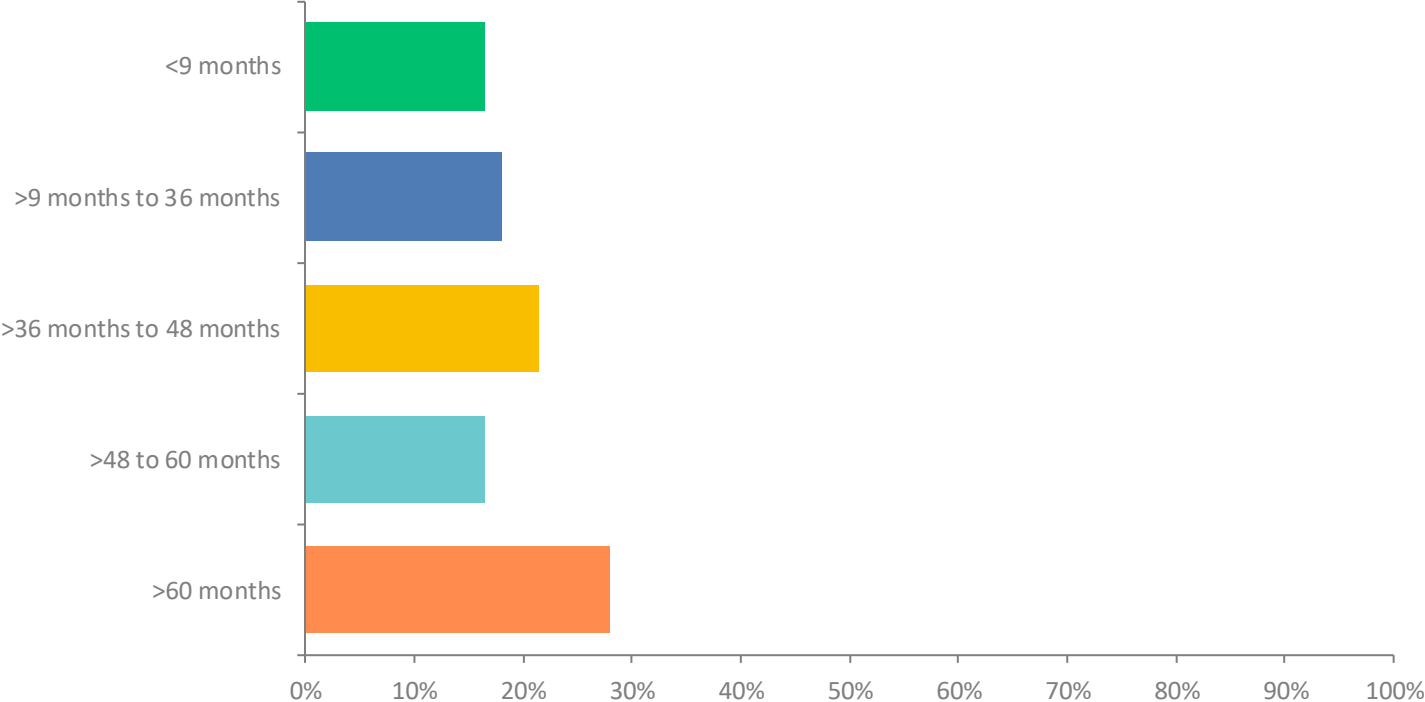
OCS Use for Suspected ELORS or OITIGER (in Addition to Dose Modification)



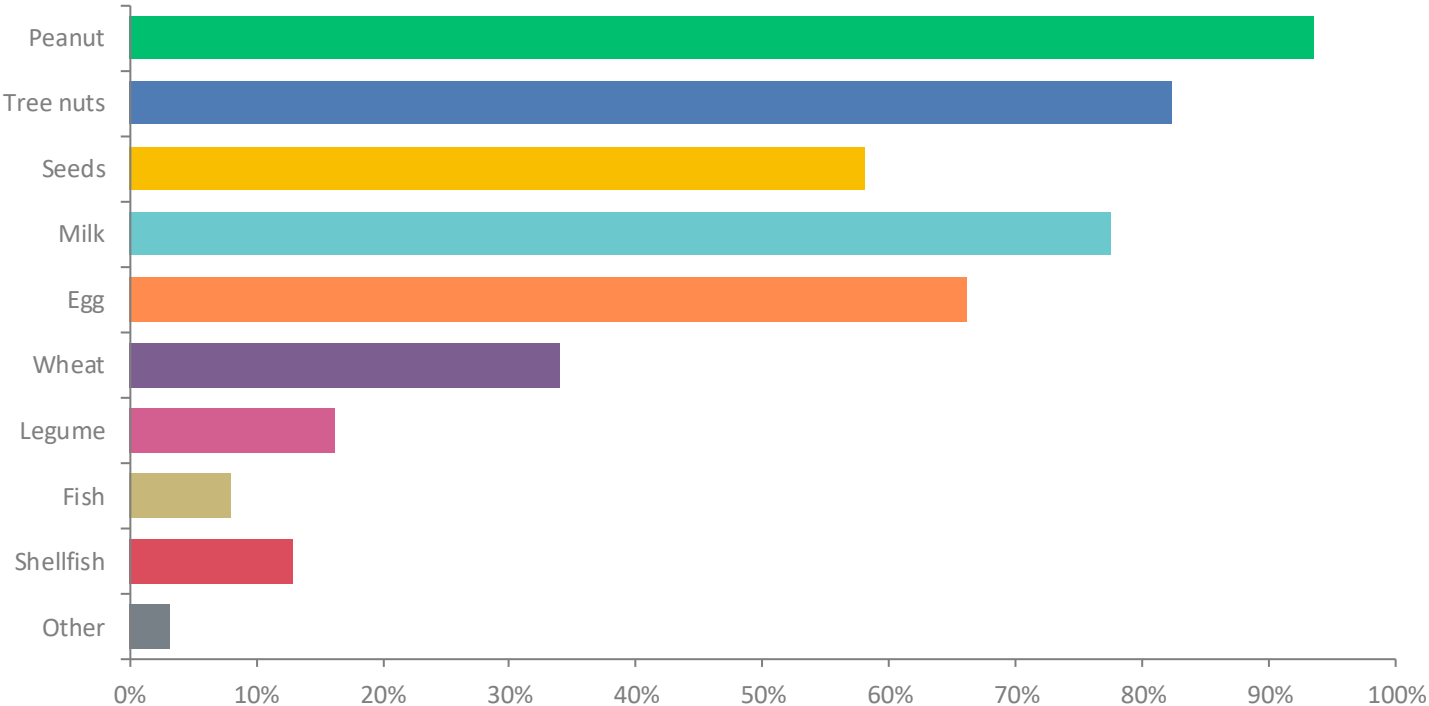
SLIT Use



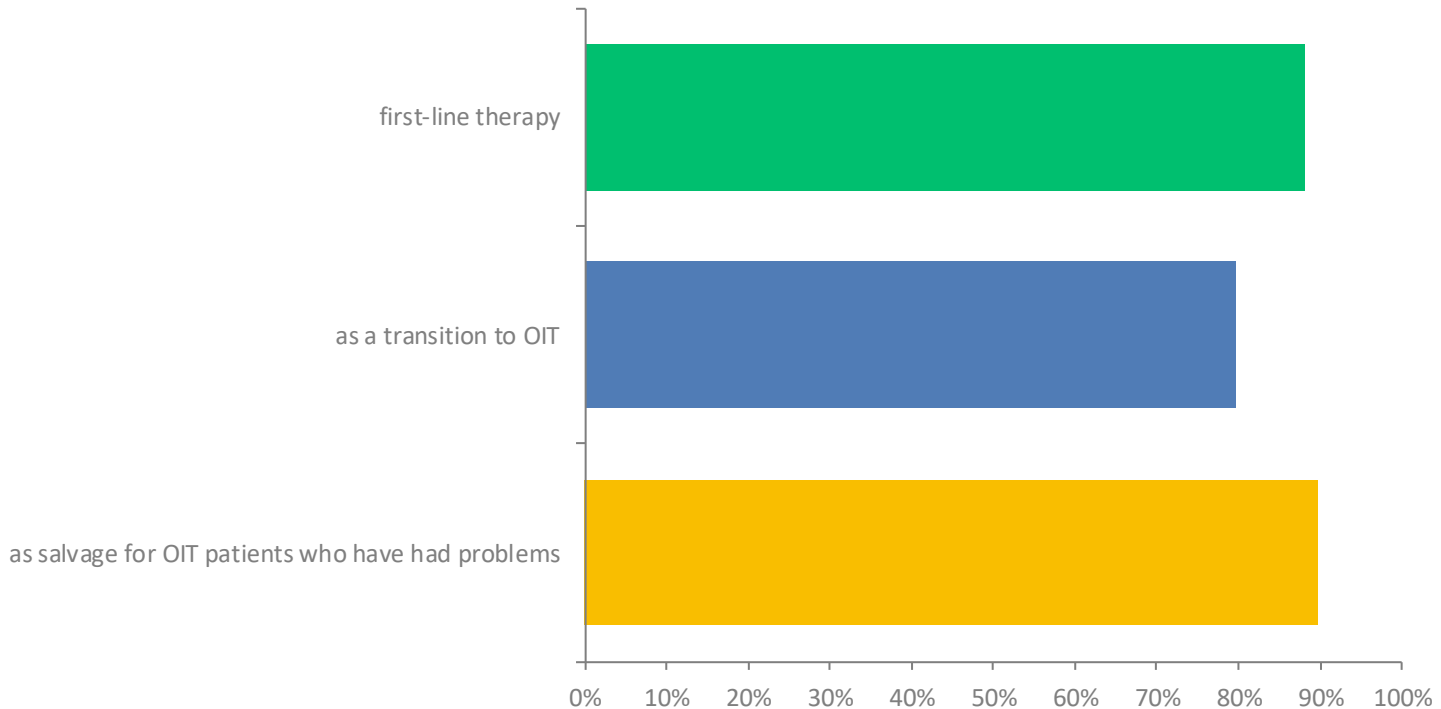
SLIT Starting Age



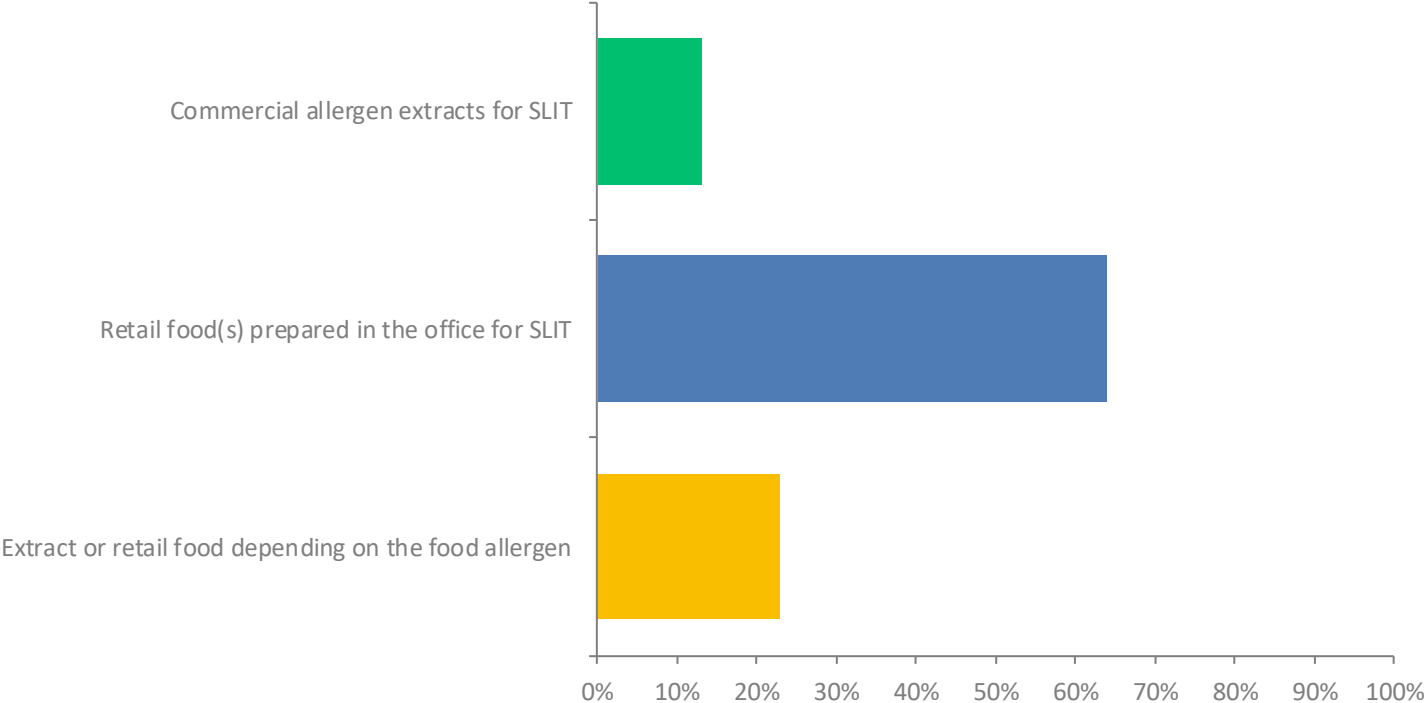
Foods Used for SLIT



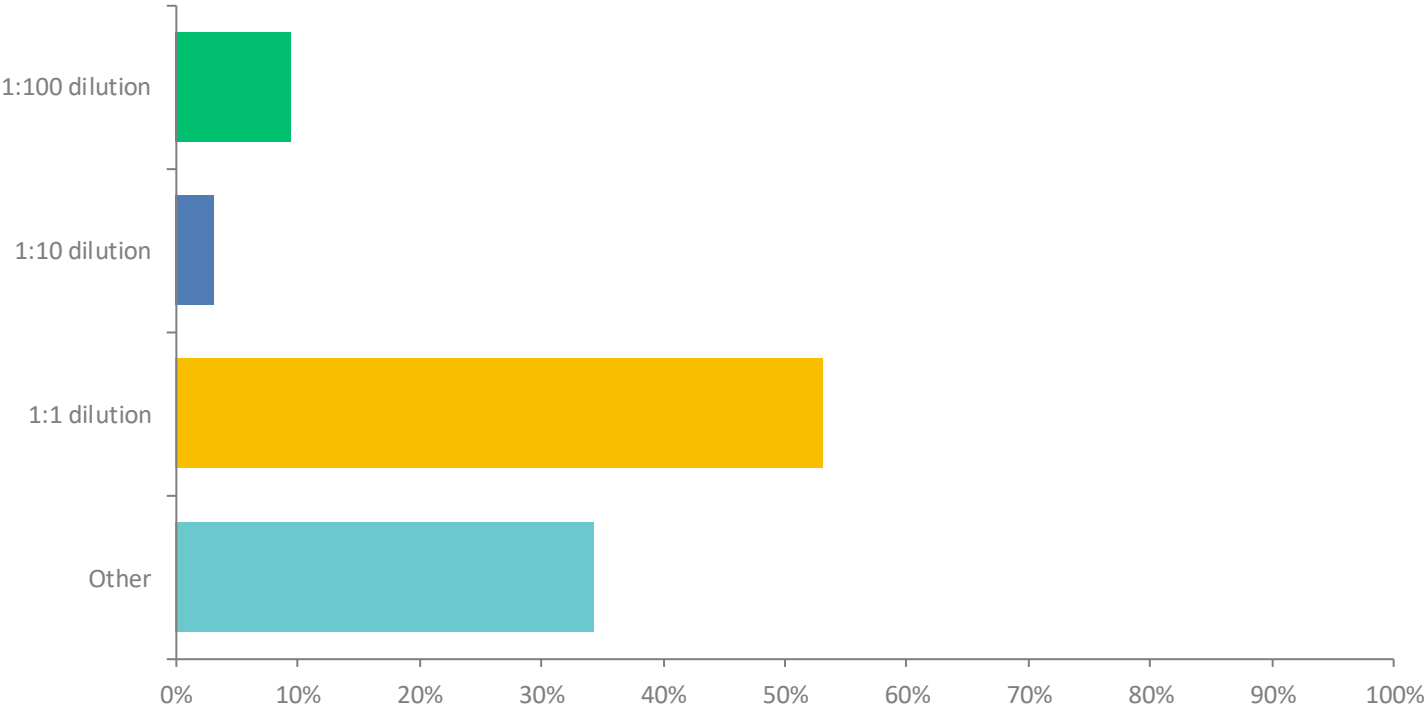
Indications for Food SLIT



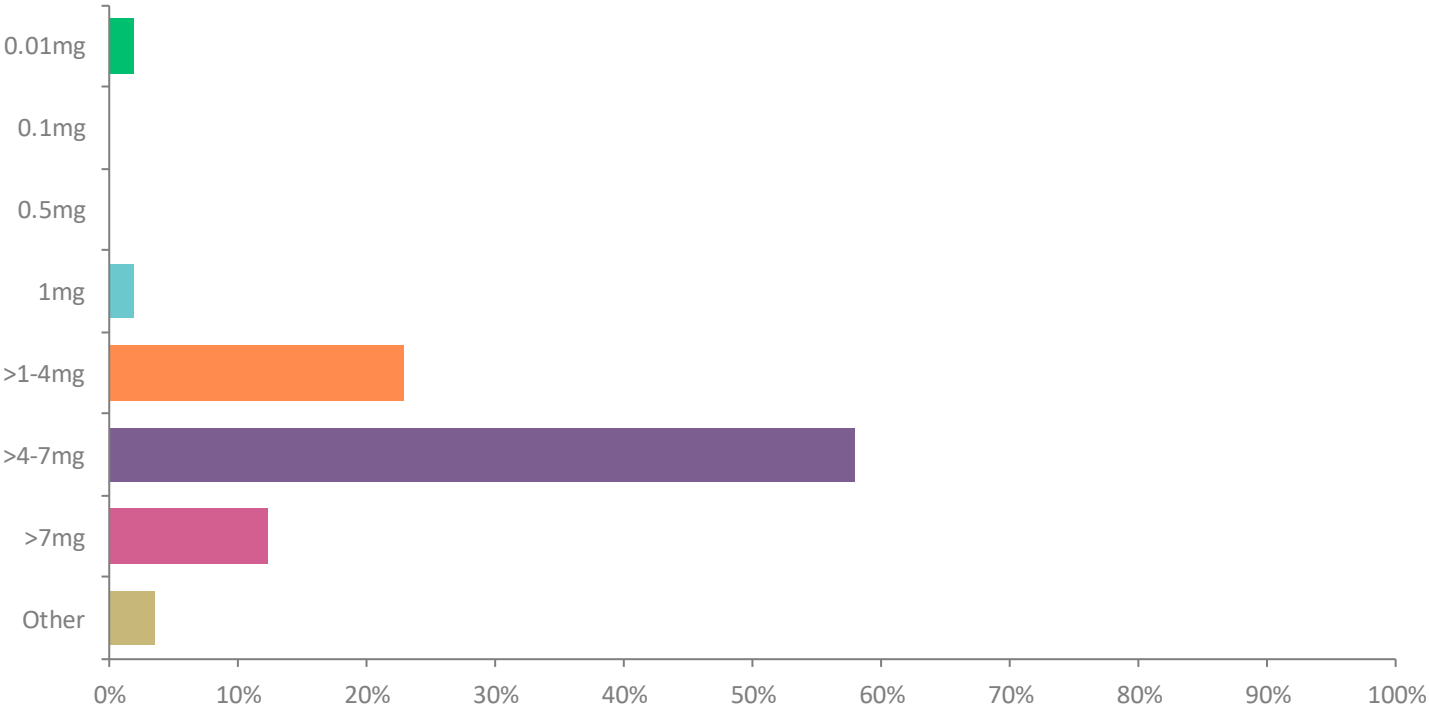
Food Allergen Source for SLIT



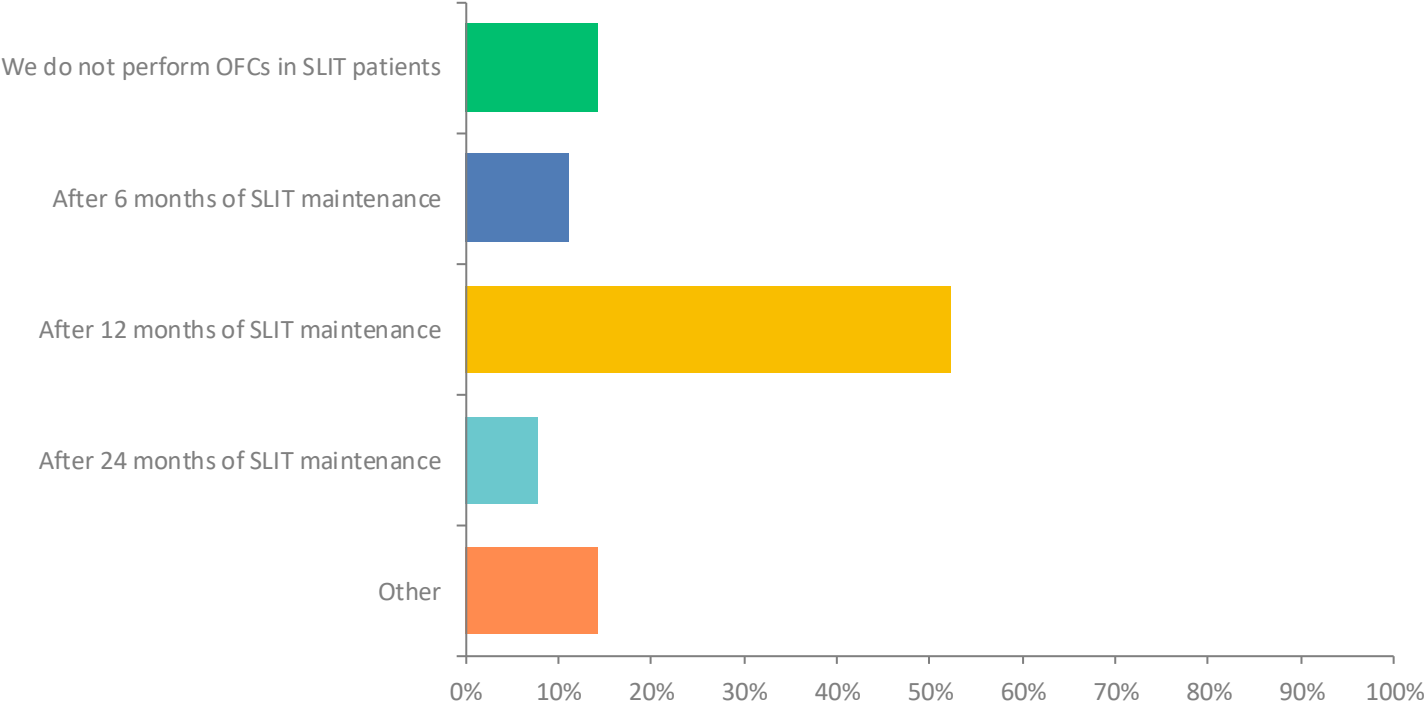
Dilutions of Commercial Extracts Used for SLIT Maintenance



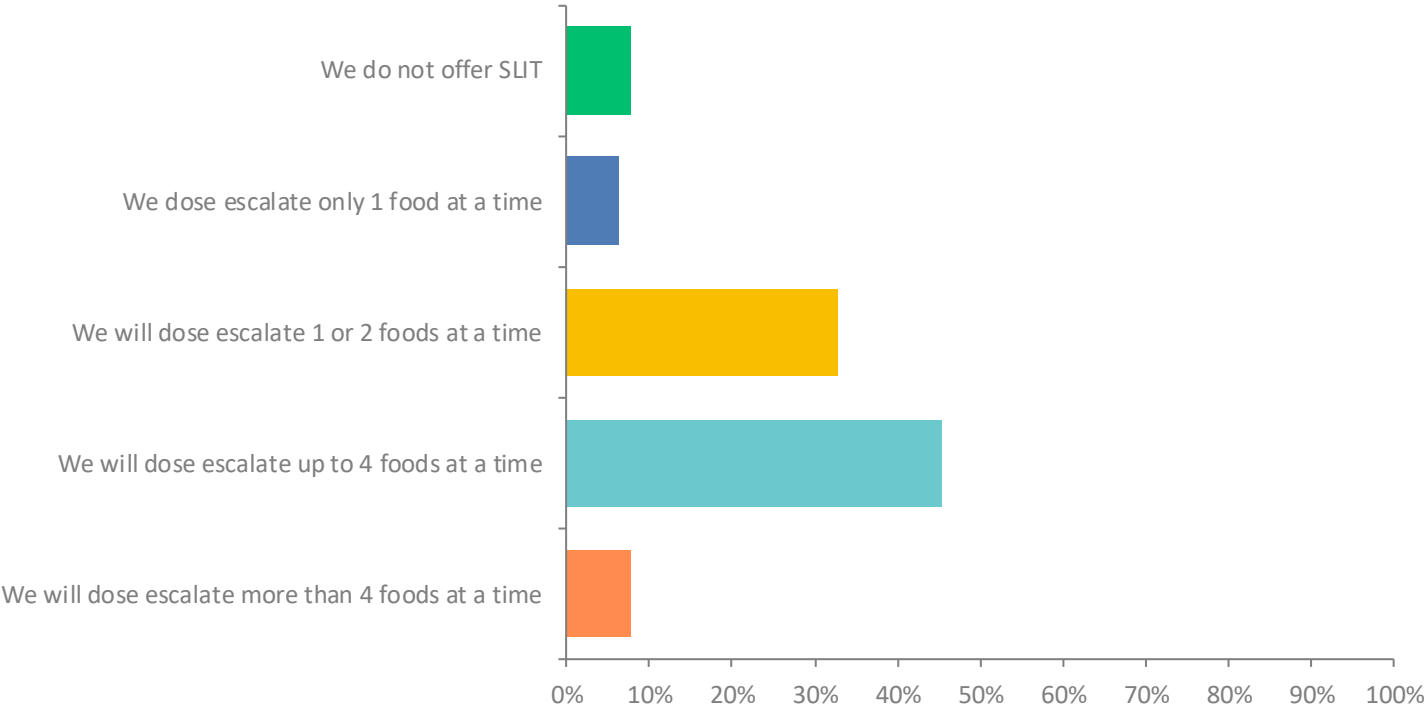
Maintenance Dose of Retail Food for SLIT



Oral Food Challenges in SLIT Patients

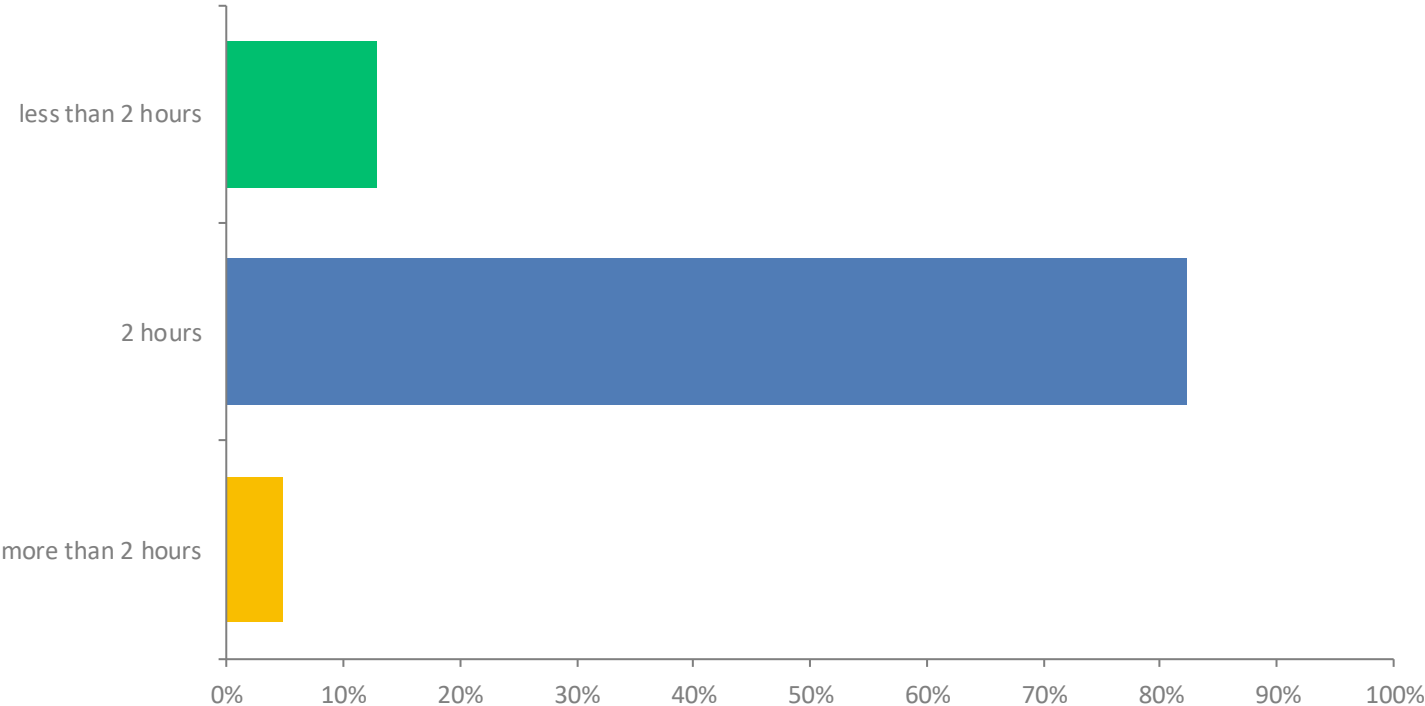


Multi-food SLIT



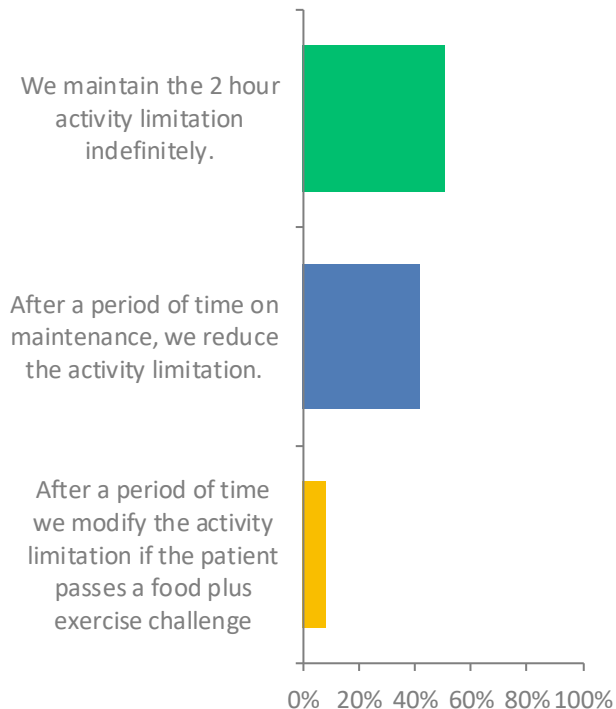
Post-Dose Activity Limitations

OIT Post-Dose Activity Limitation Maintenance Patients

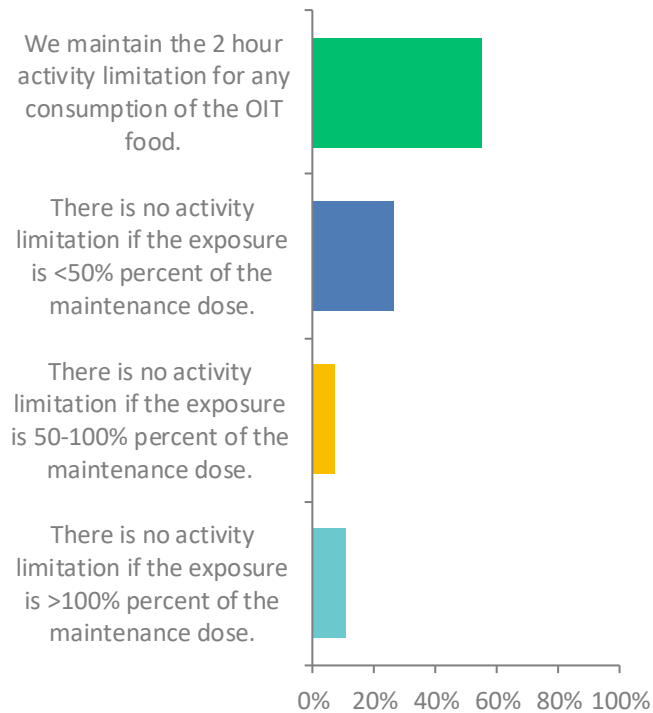


Activity Limitation for Free Eating Patients on Maintenance

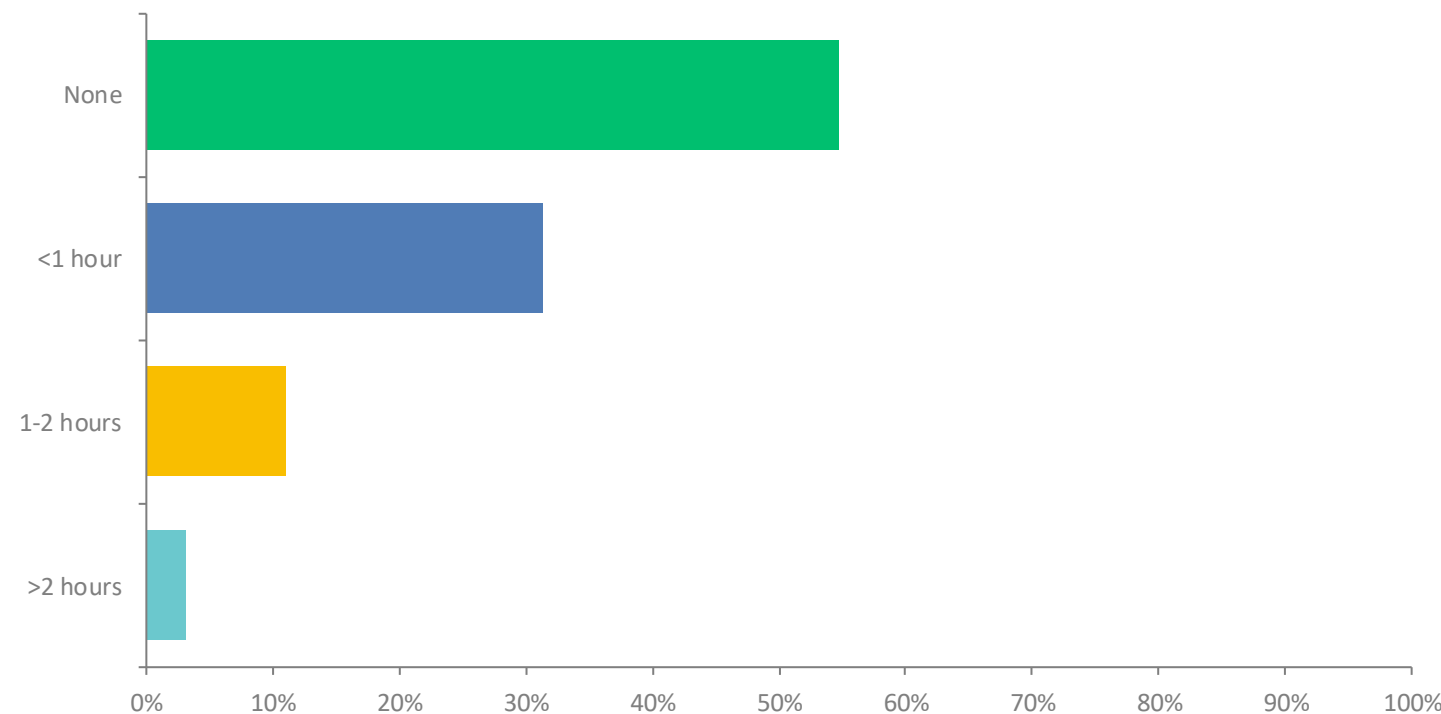
Dosing for <6 Months



Dosing for >6 Months



SLIT Post-Dose Activity Limitation



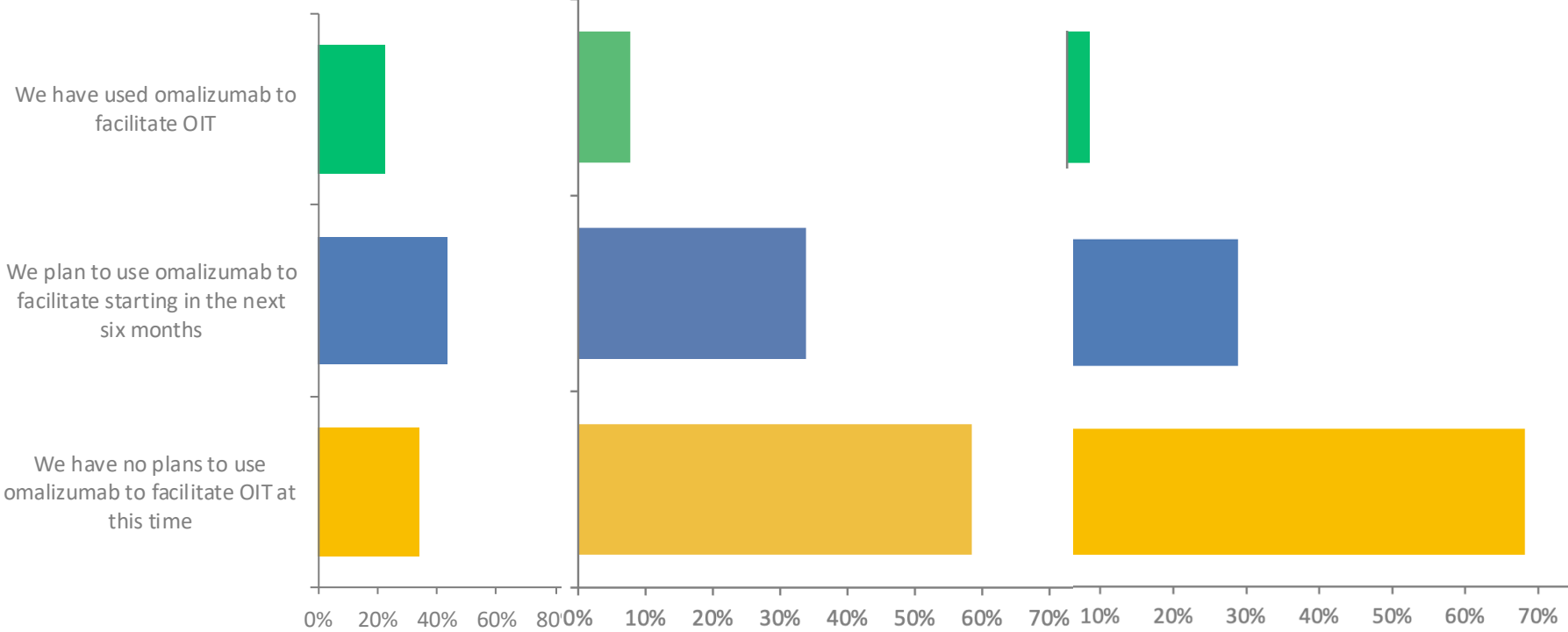
Omalizumab

Omalizumab during OIT

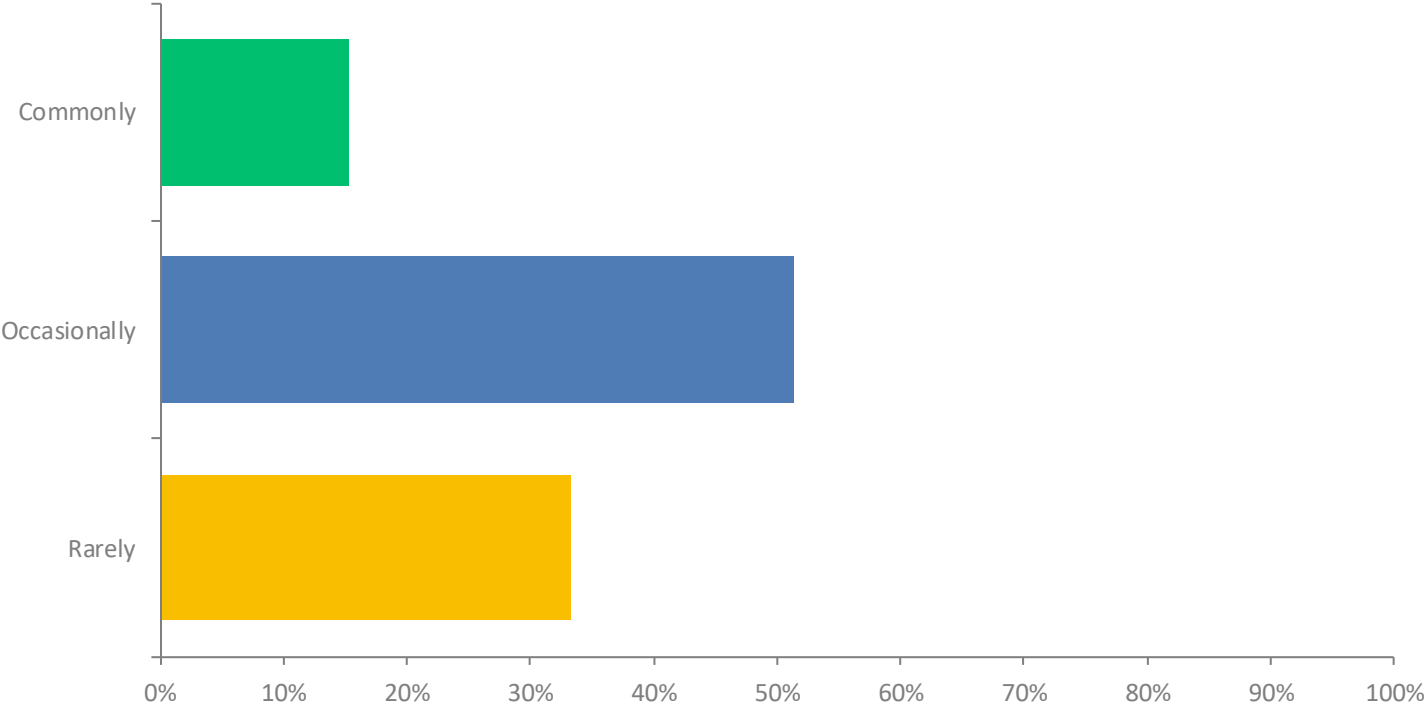
2024

2025

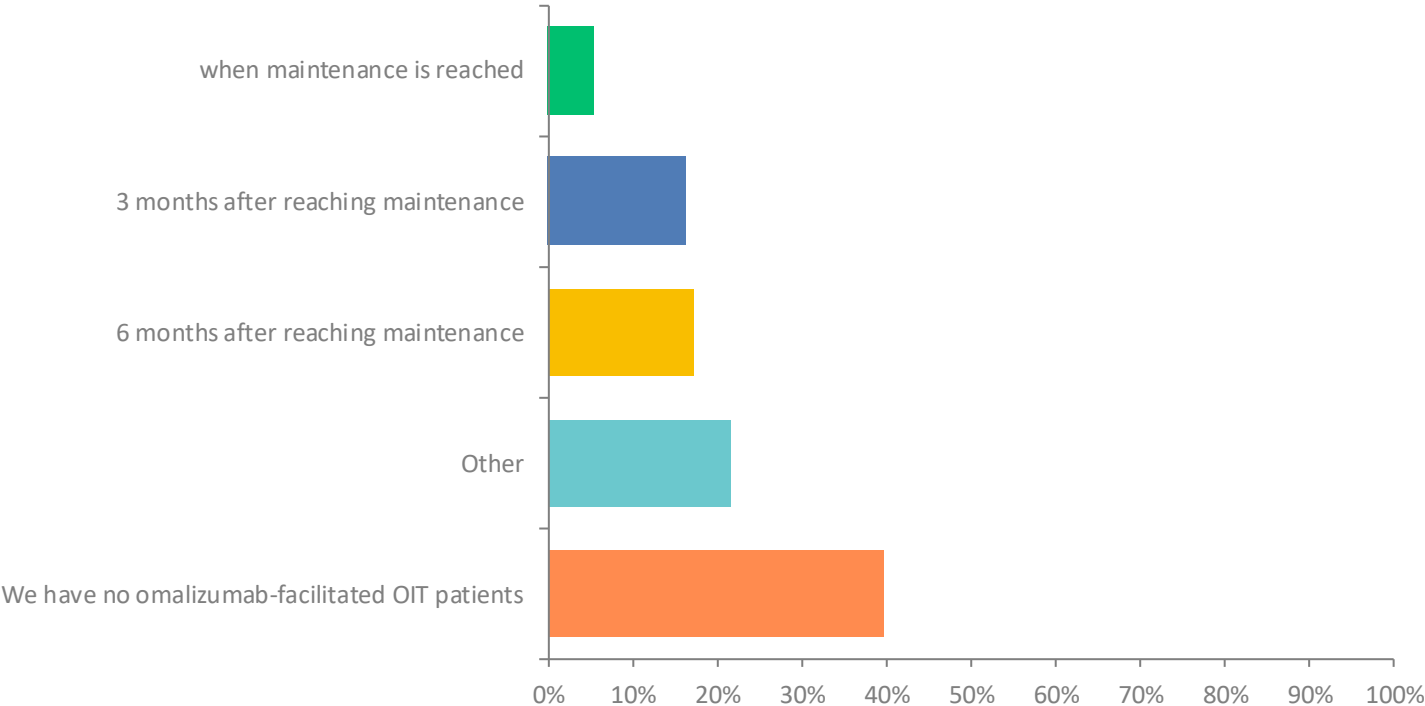
2026



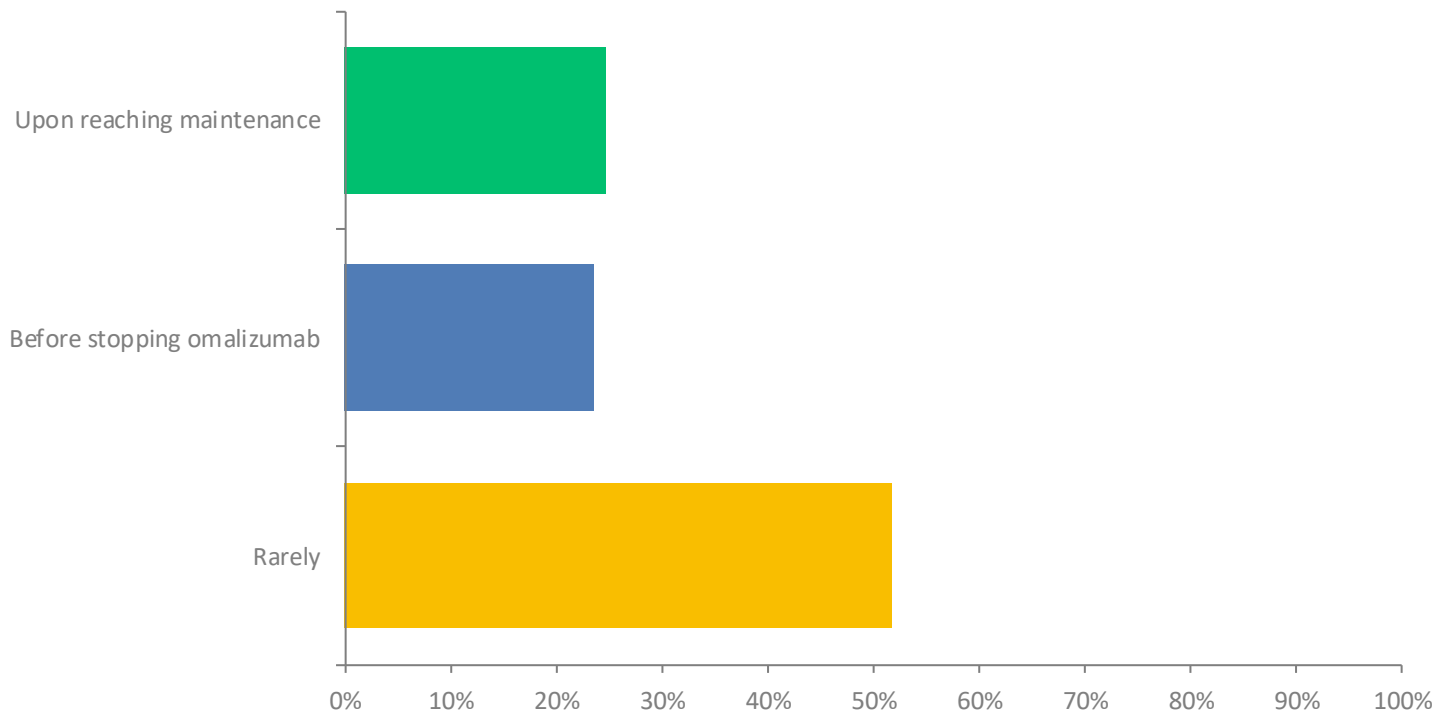
Omalizumab Monotherapy for Food Allergy



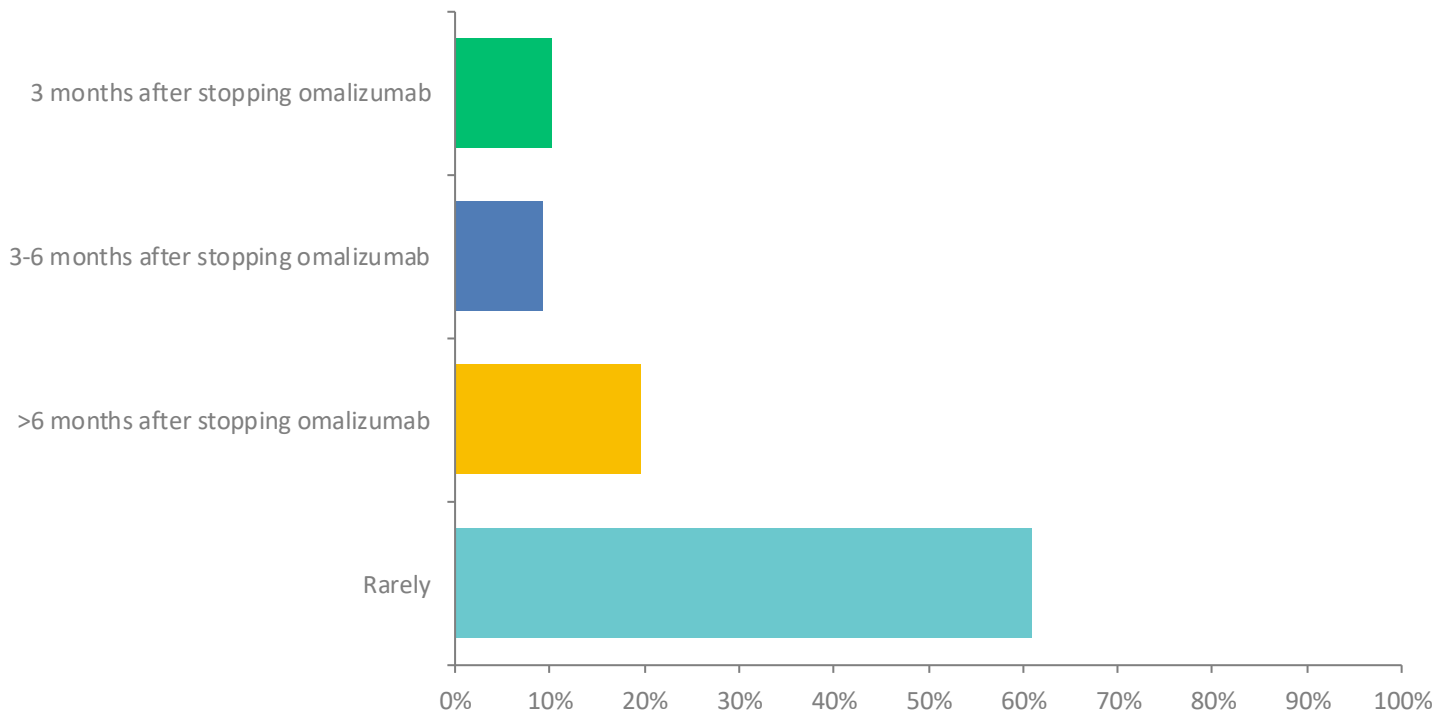
Discontinuation of Omalizumab After Omalizumab-Facilitated OIT



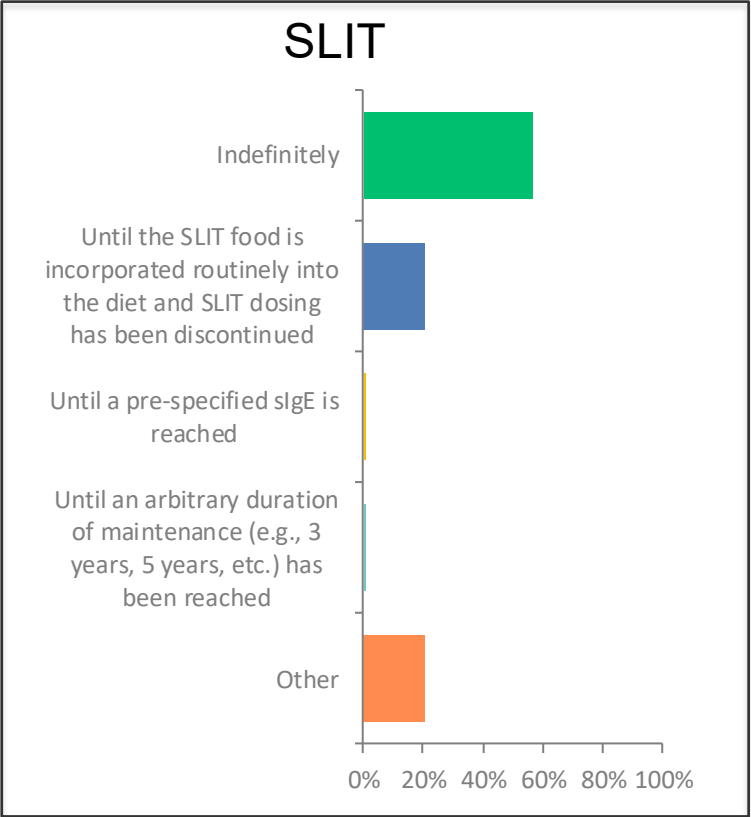
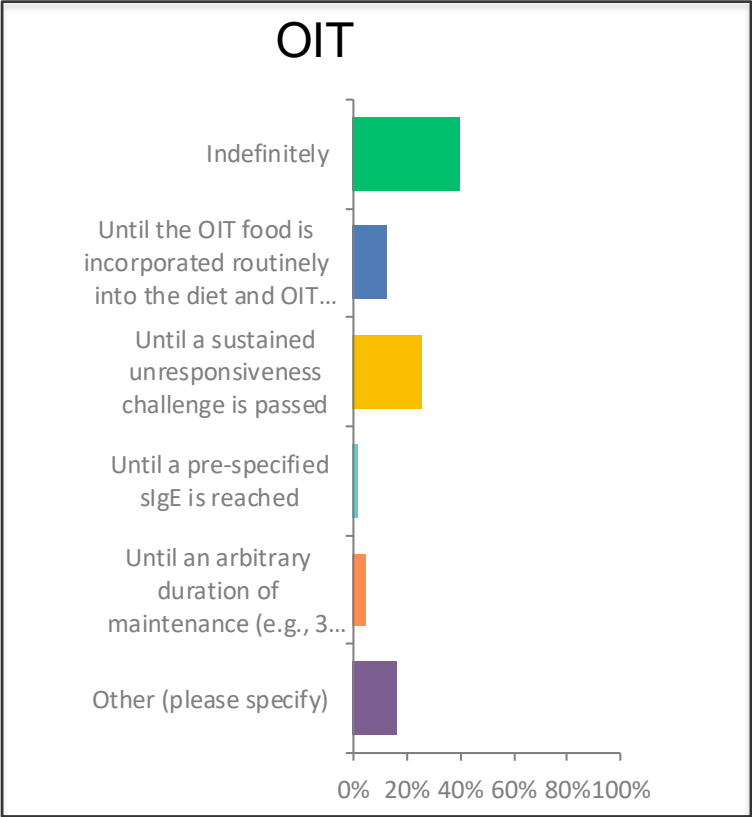
OFCs to More Than the Maintenance OIT Dose After Omalizumab-Facilitated OIT Escalation



Timing of Oral Food Challenges After Omalizumab-Facilitated OIT



Epinephrine Carriage Recommendations After AIT



2027 Survey

- Send me your comments and suggestions
 - Comments on the 2026 survey
 - Suggestions for the 2027 survey
 - Additions
 - Deletions
 - Revisions
- drrichwasserman@gmail.com