


Oral immunotherapy and the prevention of food allergy-induced anaphylaxis

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Food allergies are a growing public health and safety concern. It is estimated that more than 50 million Americans are affected by food allergies. Currently there are no accepted clinical treatments in practice. The only clinically recommended management of food hypersensitivity is avoidance, leaving those with severe allergies vulnerable to unintentional life-threatening exposure. Oral immunotherapy is being investigated as a potential treatment option for those with food allergy. This integrative review examines the most recent

literature and clinical trials retrieved from CINAHL, Cochrane Review, MedLine Ovid, and UptoDate databases on the subject. Although a promising treatment, oral immunotherapy is not yet ready for clinical practice. A lack of standardization in diagnosis of food allergies, sustained unresponsiveness post treatment, and the safety concerns of this therapy must be addressed. Further investigation regarding the immune pathways may be the key to the future adoption of this therapy.

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