Link Between Oral Immunotherapy and Eosinophilic Esophagitis

Oral immunotherapy (OIT), a promising therapy for food allergies which involves exposing children to increasing doses of the allergy-inducing food, may trigger development of eosinophilic esophagitis (EoE) later in life.

Analysis of OIT data from 607 cases seen over 15 years in a pediatric allergy unit

3 main categories
- Cow milk (CM) OIT
- Peanut OIT
- Egg OIT

Cases of EoE
- 1 case of both, CM and egg OIT; 2.8% overall; 17 cases
- Symptom appearance: median of 25 months after OIT build-up; 3.9% of CM OIT
- Confirmed diagnosis: median of 36 months after OIT build-up; 2.2% of egg OIT

Most commonly reported EoE signs and symptoms
- Choking: 62.6%
- Dysphagia: 52.9%
- Abdominal pain: 52.9%
- Fibrosis of the lamina propria: 41.2%

Children should be screened for symptoms suggestive of EoE before, during, and after OIT; working in multidisciplinary units with pediatric gastroenterologists and allergists will improve early diagnosis and treatment in these children.

Oral Immunotherapy and Risk Of Eosinophilic Esophagitis In Children: 15 Years’ Experience
Morales-Cabeza et al. (2022)