



Texas Children's Hospital

Winter 2018-19

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Food Allergy Program Newsletter



Welcome from Program Director, Dr. Carla M. Davis

The Texas Children's Hospital Food Allergy Program has grown by epic proportions this year! The mission of the program is to provide high-quality patient care, increased access to cutting-edge research, innovative treatment advances and quality patient support groups for children with food allergies. This mission has advanced in several ways.

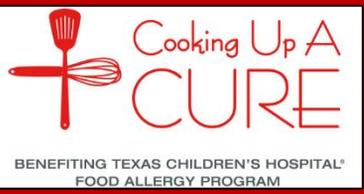
The program treated over 1,000 children for food allergies from Texas, Louisiana, and Oklahoma. Children in the clinics were given state of the art diagnosis tests and more oral food challenges than ever before. The children treated in peanut oral and patch immunotherapy research studies continued to develop protection from allergic reactions due to accidental exposures and our oral immunotherapy clinic is successfully expanding. See the numerous studies published from these research trials inside! Through these studies, we are helping food allergic children have a better quality of life. We have new research studies to track the quality of life of children treated with food allergies!

The scientific team of the Food Allergy Program helped discover markers to determine the effectiveness of peanut allergy treatment. We learned that treatment of peanut allergy results in lower allergic reactions with peanut exposure. These observations were presented at national meetings and in international medical journals.

We were also thrilled to join the National Institute of Health funded Consortium of Eosinophilic Gastrointestinal Research this year! We now offer treatment studies for eosinophilic gastrointestinal disease! You will hear more about these programs inside.

We are most proud of the community partnerships with the Houston food allergy community! Our Food Allergy Family Network is thriving and we had our first Astros Day for Peanut Allergy in 2018. Children who never participated in a baseball sporting event were able to see a game for the first time. None of the growth of the program would be possible without the support of those who care deeply about the needs of food allergic children. Thank you for your incredible support!

News Alert



We are extremely excited about our premier fund raising event this month on January 31, 2019 at The Revaire which benefits Texas Children's Hospital Food Allergy Program, co-chaired by Kelly and Matt Cubbage, Catherine Devine and Brad Bath, Amy and Kevin Holmes and Karen and Trevor Turbidy.

We are so appreciative of the Co-Chairs and Host Committee for organizing this fabulous event, which features 16 extraordinary culinary partners! Enjoy the food and experience the world of a food allergic child!

5th Annual Food Allergy Program Symposium Recap

By
Carla M.
Davis, MD



Cody Sklar, Tonya Winders, Dr. Mariella Self, & Dr. Davis



The Fifth Annual Food Allergy Symposium was a roaring success this year and was characterized by the families from Texas, Oklahoma, and Louisiana asking for more because it was so helpful for them! This year had over 200 registrants and a huge children's session, with 3 separate age groups, led by Ms. Daisy Tran.

Our keynote speaker this year was **Dr. Mariella Self, Assistant Professor in the Menninger Department of Psychiatry and Behavioral Sciences** at Baylor College of Medicine who spoke about "**Fostering Resilience When Managing Food Allergies**". We hosted 2 nationally known speakers, Mrs. **Tonya Winders, CEO of Allergy and Asthma Network**, who instructed families about school stock epinephrine laws, and **Mr. Cody Sklar**, a University of Miami student entrepreneur with a history of allergies to 6 of the top 8 food allergens and **founder of "Wander without Worry"**, a company which produces allergen-free travel foods. Mr. Sklar shared his coping strategies with families concerned about their student matriculating into institutions of higher learning.

There were expanded breakout sessions for the families of children with food allergies. All experts who led these sessions were praised by attendees. Speakers included Drs. Aikaterini Anagnostou, Sara Anvari and Maria Buheis. Ms. Lauren Kronisch, RD, led a lively cooking demonstration and Dr. Anvari led a panel about oral immunotherapy with a research trial patient and parent. The HEB-Food Allergy Program Cart was on display with the help of Dr. Christy Nance.

Dr. Jenny Miller, Ms. Holly Emerson, CCLS, Mr. Rodney Payne, Mr. Fabian Rivera and Ms. Munazza Noor led the children and teen sessions with help from Dr. Nicole Canon, Mr. Justin Branch, Mr. Joseph Carnot, Ms. Monica Guevara and Mrs. America Lueso. There was a t-shirt contest and each of the participants in the teen steering committee received a t-shirt for their efforts!

A special thanks goes to Ms. Christina Cowperthwait who organized the entire event at the United Way, a new larger location, allowing more people to attend, Mrs. Theresa Aldape led the Food Allergy Family Network (FAFN) final session with all the attendees split into regions by zip code so families could share experiences in a smaller setting. Gratitude goes out to all Texas Children's participants, including Mrs. Chivon McMullen Jackson, Ms. Patricia Perez, Ms. Lorraine Lyter-Reed, Ms. Kathy Pitts, Dr. Alexander Vargas-Hernandez, Mrs. Teslyn Kauffman, and the Memorial High School Volunteers who stuffed packets for participants.

I received a thank you card before the day was complete, along with several verbal thank-you's and requests for next year's date, so families could schedule their vacation around the Symposium! The overwhelming response could not have been possible without the huge team effort. The Food Allergy Program team is extremely grateful for all who participated. We are looking forward already to next year!



Lauren Kronisch, RD



Drs. Sara Anvari & Kathy Pitts

Youth Sessions at the 5th Food Allergy Program Symposium

By
Daisy Tran, RN



It is amazing to see how our symposium continues to grow each year! Our theme for this year was **Diving Deep into Food Allergies**. We were able to offer a session for 5-8 year olds, 9-11 year olds, and 12 years and up. Each of the age groups were able to bond with other over their food allergy and share experiences.

In order to successfully plan the symposium and tailor it to what the kids want, we started our Youth Planning Committee which consisted of 10 youth leaders between the ages of 11-19. They met throughout the summer and helped plan activities and suggested topics for the sessions.

We had approximately 75 kids between the age of 5-17 years attend this year's symposium. The sessions consisted of guest speakers, learning stations, and group discussions. Guest speakers included Dr. Jenny Miller who ran the "Ask the Allergist" session where she received many questions about food allergies and talked about signs and symptoms of an allergic reaction, Dr. Mariella Self who spoke to the on the psychosocial aspect of food allergies, and Cody Sklar who spoke on what it is like for him living with food allergies, issues that he has overcome, and spoke to the teens about dating with food allergies.

Our learning stations included a Teal it Forward pumpkin wooden sign making station to spread awareness, review of signs and symptoms of an allergic reaction and how to use epinephrine auto-injector, how to read labels, 'Letter to Self' to reflect on hardships and goals for the coming year, a fish making station which consisted of the kids food allergies, and many more! The kids also broke into smaller groups to discuss issues and share tips on eating out, traveling, bullying, and social activities.

The success of the symposium is due to the collaboration of many individuals. Special thanks to the Youth Leaders: **Adriana Kelly, Alexander Kelly, Indrani Maitra, Oliver Oldham, Sawan Parikh, Serena Parikh, Anjali Tholany, Austin Tran, Autumn Tran, and Samuel Williams** for your hard work in making this year's symposium a success! Thanks to the **Memorial High School Volunteers** and **Texas Children's leaders** for helping the day run smoothly. Thank you to the **Maitra family** for the pumpkin stake donation.



Youth Involvement In the Food Allergy Program

By: Daisy Tran, RN

T-shirt Design Contest Winners

During the summer, we asked kids to submit an original design that best represents The Food Allergy Program and our mission to raise awareness on food allergies. Thank you to all who submitted designs for our t-shirt contest! There were many fantastic entries which made it hard to choose just one winner so we went with two! Congratulations to the winners!



Ty McKeel, age 9
"I have hope..." with the top 8 allergens



Thomas Blackman, age 10
"I drew a peanut proudly wearing a Texan outfit and added 'y'all' to address the southern hospitality we all get when at TCH Food Allergy Program."

Food Allergy Program Teen Advisory Board

We have learned throughout the years that the best ideas have come from our youth. They have the desire to make a difference. Together, we can work together to make an impact in the food allergy community. We are excited to announce that we will be starting a Teen Advisory Board! It is a leadership program to promote food allergy awareness in the community and to mentor other food allergic children. Members will participate in the planning of outreach activities including the Texas Children's Hospital Food Allergy Symposium youth session, Food Allergy Family Network youth meetings, community outreach, and other projects.

Term:

Members will serve a 1 year term. Individuals may re-apply the following year to serve additional terms.

Requirements:

- Age 12-17 years at the time of application
- Use his or her knowledge, skills, and abilities to help be a mentor to children with food allergies
- Diagnosis of food allergy
- Carry epinephrine auto-injector at all times (if prescribed)
- Attend at least two planning meetings (in-person or phone)
- Attend at least one outreach meeting
- Live in Houston and surrounding area

Application Process:

Visit the [Texas Children's Hospital Food Allergy Program website](#) for additional requirements and to apply. Applications due March 1, 2019. Applicants who have been accepted to the Teen Advisory Board will be notified by March 15, 2019.

Questions?

Contact Daisy Tran by email at dxtran1@texaschildrens.org



Tips for Traveling with Food Allergies

by Cody Sklar

National Speaker on Food Allergy
Founder of Wander Without Worry

Since birth, I have juggled traveling around the globe with severe anaphylactic food allergies. I'm eternally grateful for my mother, who made traveling much easier for me when I was younger, as she mostly took care of everything. After years of practice and learning by example from my mother, I have compiled my best tips for traveling success and thoughts about the future of traveling with food allergies!

Traveling with food allergies has never been better than it is today, as there are far more allergy-friendly options than in the past. These allergy-friendly options will continue to develop and expand every year as the demand continuously increases due to the increasing rate of those with food allergies.

My favorite food allergy friendly restaurants:

Steakhouses: When I travel, I always make sure to stop by one of the city's famous steakhouses, as I know exactly what delicious meal I am going to get: a beautifully cut steak (or other protein), a baked potato, and spinach sautéed in olive oil.

By keeping this meal simple, I have been able to order this selection countless times, as I have developed a "questionnaire" for the chefs (always ask the chef!). For the steaks (or other proteins), I always ask for the protein to be cooked entirely separate to ensure there is no cross-contact. This means that I ask for all of the utensils, cutting boards, and pans have been thoroughly washed with soap and water. Then, I always ask to have my steak cooked away from the other proteins in the separate pan that was washed. Make sure to ask if the chef places any spices or toppings on top of the steak, or to keep it simple, say "I'd like to have my steak completely plain with no butter or any other toppings."

Just like the steak, you can order the spinach and the baked potato in the same fashion. Make sure that the pot is cleaned thoroughly for the spinach, and that olive oil is being used (if you are allergic to dairy). For the baked potato, make sure that the oven is only used for baked potatoes, which is usually the case. If not, then you can always ask the chef to boil a potato, but this might take a few minutes longer.

Lastly, ask the chef to bring out your meal separately to ensure that the allergens don't splatter when the meals are next to each other and to confirm that all of the protocols were met.

For quick-service dining:

Chipotle: It has been my personal life-saver when traveling across the country with food allergies, as Chipotle is just about everywhere. Because of the limited ingredients used and the same standards throughout every Chipotle, it is simple to ask the crew members to switch their gloves and to get the ingredients from the back. As always, it is important to effectively communicate the severity of your allergies and ensure you are properly understood. *(Continued on next page.)*



Tips for Traveling with Food Allergies

by Cody Sklar

National Speaker on Food Allergy
Founder of Wander Without Worry

Hotel or Airbnb Tips:

Whether I am traveling to a conference or for an internship, there are many occasions where I am traveling alone. I have a few essentials for traveling whether I have a hotel or an Airbnb. *Bringing your own food is a must unless you are aware that there are multiple allergy-friendly places in your area or you have access to a kitchen.*

Regardless, I always make sure to pack up on non-perishable, allergy-friendly goodies just incase. My go-to combo on the road are **Enjoy Life's Seed & Fruit Mix**, **MadeGood's granola bars**, **Udi's Gluten-Free Bread**, and **SunButter**. When I get off the flight and settled in, then I'll make my way to a local grocery store and buy perishable foods, such as proteins.

Pro Tip: Living out of a hotel room is harder than living out of an Airbnb, as most Airbnb holders give access to their kitchen (just make sure to ask before cooking up a storm!)

Make Traveling Easier and Safer: You are now able to board flights early to wipe down your seats if you have a food allergy! Make sure to provide proper documentation from your doctor to ensure a speedy process, although the honor code is mostly used in this scenario.

Downloadable Applications:

There is one app that I primarily use for traveling - **Find Me Gluten Free**. I've found this app to be helpful to point me in the direction of allergy-friendly restaurants, as there are many users on this app with usually more than one allergy.

I also use **SPOKIN**, which is an incredible app for many things, such as discovering different products available, current market research for food allergies, best airlines to fly, user-submitted reviews, etc.

The Future of Traveling With Food Allergies:

Most of my time today is spent working on the world's first allergy-friendly meal delivery service -- Wander Without Worry. My mission and the mission of Wander Without Worry is one and the same: to take part in creating a world in which dietary restrictions and requirements do not define or control the life of anybody else. Ever.

Traveling with food allergies can be a difficult endeavor, whether it is the arduous time spent researching and preparing or the uncertainty of where your next allergy-friendly meal is coming from. This is where Wander Without Worry comes in: first we safely source allergy-friendly ingredients (free from 12 common allergens), then we safely prepare your meal in a non-shared facility and quickly deliver to your location.

Ignorance is not bliss when it comes to handling and preparing food, especially when it pertains to your life. I'm passionate about getting Wander Without Worry launched to not only improve my life with food allergies but also to improve the lives of millions of people who have to deal these struggles daily.

To learn more and support this cause, please visit www.wanderwithoutworry.com





Congratulations Dr. Carla M. Davis, MD

Dr. Carla M. Davis has been chosen to serve on the Board of Directors of the American Academy of Allergy, Asthma and Immunology (AAAAI).



William T. Shearer and
Lynn Des Prez Lectureship:
Investing Together in Our Future

National
and State
Recognition
for the
Food
Allergy
Team

Additionally, Dr. Davis has been selected to receive the **William T. Shearer and Lynn Des Prez Lectureship** at the upcoming 2019 AAAAI Annual Meeting in San Francisco, CA. She was selected to receive this award by the AAAAI Foundation Council. This honorary AAAAI lectureship is being presented to Dr. Davis in recognition of her outstanding service to the specialty and science of allergy and immunology.



Dr. Carla M. Davis has served on the Board of Directors for the Texas Allergy, Asthma & Immunology since 2009 and now has been selected as the President-Elect. She will serve as President beginning in 2020.

Congratulations Daisy Tran, RN



Texas Children's Hospital is a member of Food Allergy Research & Education (FARE) Clinical Network Centers of Excellence, the leading advocacy organization working on behalf of the 15 million Americans with food allergies and the largest private funder of food allergy research, FARE is committed to advancing life-changing and life-saving research that will improve the lives of individuals managing food allergies.



The annual FARE Vision Awards recognize people and entities who work to make FARE's vision a reality. The 5th annual FARE Vision Awards took place on November 4, 2018 at FARECon featuring their Teen Summit in Washington, DC.

Our Food Allergy Program member, Daisy Tran, RN, was the recipient of the **2018 HEALTH PROFESSIONAL AWARD FOR VOLUNTEER SERVICE**. This is presented to a healthcare provider or allied health professional who goes above and beyond in a volunteer service capacity to further the advancement of FARE's mission tenets of life, health, and hope for patients and caregivers.

Way to go, Daisy!

First Peanut Allergy Friendly Day at The Houston Astros Game

By: Theresa Aldape, LMSW

In late 2017, one of our Food Allergy Family Network (FAFN) leaders, Mr. Sachin Menon, asked why there is not a peanut friendly event in partnership with the Houston Astros. Since then, our food allergy team and Mr. Sachin Menon have worked with Enrique Cruz and Greg Van Sickler (Premium Sales) at the Astros organization. Mr. Van Sickler gave our team a tour of Minute Maid Park to help us identify an area that would be ideal for our Texas Children's Hospital sponsored Peanut Allergy Friendly Day at an Astros event.

A baseball game and peanuts go hand in hand and our team came to realize that our patients were unable to attend a MLB game in Houston because of the fear and anxiety of being exposed to peanuts. This could happen at the concession stands or while they are sitting in their seats and someone comes along and sits next to them and opens up a bag of peanuts.

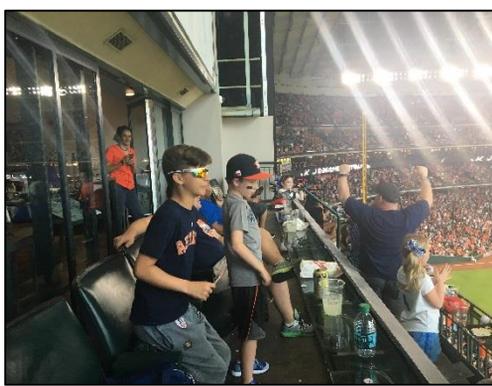
With the generous donation from the Harris County Houston Sports Authority, we held our Inaugural Peanut Allergy Friendly Event on July 14, 2018 - Detroit Tiger vs. Houston Astros. Ms. Amanda Garcia from Aramark was exceptional in helping our team identify food allergy friendly foods for our children and their families.

Eight of our families who have children with peanut allergy, Dr. Carla Davis, Daisy Tran, RN, Lauren Kronisch, RDN, LD and Theresa Aldape, LMSW, attended the game.

Our children had a fun, enjoyable and anxiety free event at the game this year. Our patients and their families were able to feel the energy and excitement we all experience when we attend an Astros game.

We did not have peanuts in our suite and every food had a label listing all the ingredients in the foods. The staff attendant and everyone at the Astros Organization and Minute Maid Park provided exceptional customer care.

Our hope is to have a larger event in the future at an Astros game so more peanut allergy fans can attend the game in the stadium.



The Menon Family



Food Allergy Family Network (FAFN) Update by Theresa Aldape, LMSW

In 2018, the Food Allergy Family Network (FAFN) members and leaders were involved in education, planning, advocacy and community involvement. **The first 2018 FAFN meeting was held on April 14, 2018.** Dr. Aikaterini Anagnostou presented "Food Allergy Oral Immunotherapy". We had small group discussions about various aspects of living with food allergies. The FAFN leader in each small group presented a brief summary to the group at large. Our families shared information about upcoming community events for children and adolescents with food allergies. **The FAFN educational forums for parents and the Kid's Corner for children and adolescents are held on Saturday mornings 2-3 times a year at Texas Children's Hospital – Main Campus.** We dedicate time for parents to network and share their thoughts, ideas and

successes while caring for their children with food allergies. Also, we address community concerns from FAFN members to therefore develop programming to improve the quality of life for our children and adolescents in Houston and surrounding areas.

In July, the Food Allergy Family Network leaders and their families attended the Peanut Friendly Free event at the Astros Game (see page 8 of the newsletter). In August and September, the FAFN joined in on conference calls to help plan for the 5th Annual Food Allergy Symposium. The focus of the 5th Annual Food Allergy Symposium was on "Resiliency when Managing Food Allergies". Many of our FAFN members and leaders were at the symposium early to join the food allergy team as we greeted and registered all the families. Several of our leaders were timekeepers, small group co-facilitators and panel members. **In 2018, the FAFN leaders had over 500 contacts with individuals to provide support and education to the for families and the community.**

We are looking forward to starting our 2019 planning committee with the involvement of the FAFN leaders on conference calls and face to face planning meetings.

Food Allergy Family Network Leaders

Name	E-mail	Houston Area	Phone Number
Jennifer Mijangos	jenmijangos@att.net	East	(281) 793-8637
Mike Oldham	oldham@reynoldsfrizzell.com	Central	(713) 485-7207
Oliver Oldham	junior leader	Central	
Melanie Ringold	melanie.ringold@invesco.com	Central	(713) 214-5770
Rahma Sarwar	rahma.sarwar@gmail.com	South Central	(832) 570-1035
Thuy Tran	thuyatlaw@yahoo.com	West	(281) 772-9575
Danielle Williams	daniwill78@hotmail.com	Central/North	(202) 213-9896
Andrea Chaves Blackman	andreaforchaves@hotmail.com	South	(832) 980-8029
David Greenberg	davidavital24@gmail.com	South	(773) 450-2292
Jyotsna Kottoor	Jyots76@gmail.com	South	(312) 731 3846
Leah Robilotto	lrobilotto@foodallergy.com	North	(703) 868-2515
Sherril Mackie	Shaydon903@hotmail.com	Central	(346) 316-9668
Tammy Luster	tammy_prukop@yahoo.com	Southwest	(713) 254-7040
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Texas Children's FAFN Support Staff

Theresa Aldape, LMSW	tmaldape@texaschildrens.org	FAFN Liaison	(832) 824-1385
Daisy Tran, RN	dxtran1@texaschildrens.org	Lead Research Coordinator	(832) 824-3398



EoE/EGID Update

By: Munazza Noor

Consortium for Eosinophilic Gastrointestinal Disease Researchers (CEGIR)

Texas Children's Hospital has joined the Consortium for Eosinophilic Gastrointestinal Disease Researchers (CEGIR) to collaborate with scientists to help facilitate research in EGIDs. CEGIR is part of the rare diseases clinical research network. The aim is to help improve the lives of individuals diagnosed with eosinophilic disorders through collaborative research and education. As a member of CEGIR, our site will be recruiting individuals for the observational study, The Outcome Measures for Eosinophilic Gastrointestinal Diseases across Ages (OMEGA) study. The OMEGA Study is a prospective, multicenter observational study to help give researchers and clinicians a better understanding of the correlation of symptoms to clinical measures.

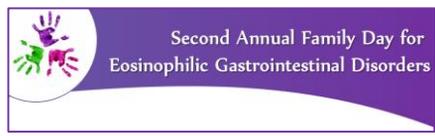


Eosinophilic Esophagitis (EoE) Walk

On May 5, 2018, A. Jay's Fight Organization partnered with Texas Children's Hospital to host their second 3k superhero walk dedicated to raising awareness about eosinophilic esophagitis. The 3k walk was held at Hackberry Park where participants enjoyed crafts and activities to educate them about the rare disease. This year, the EoE Walk will be held on Saturday, May 18, 2019 to kick start EoE Awareness Week. The walk will be held in the same location as the previous year, Hackberry Park. All proceeds from the walk benefit the eosinophilic gastrointestinal disease program at Texas Children's Hospital. Individuals interested in participating or volunteering for the event can find more information at <http://www.ajaysfight.org>.



A. Jay's Fight
When Food Attacks



Family Day for EGIDs

On March 2, 2019 Texas Children's Hospital will be hosting an event dedicated to children and families who have been diagnosed with eosinophilic gastrointestinal disorders (EGIDs). Several experts will present on a variety of topics related to current research and strategies related to gaining a better understanding of EGIDs. The event will be held at the Woman's Pavilion from 8 AM to 2PM. While the event is free, interested families can register at <https://egids2019.eventbrite.com>.

Opening remarks and a brief history of EGIDs will be given by Dr. Carla Davis, Associate Professor of Allergy and Immunology and the Chief for the section of Allergy, Immunology, and Rheumatology. Featured speakers include Dr. Anthony Olive, Associate Professor of Pediatric Gastroenterology, Dr. Sara Anvari, Assistant Professor of Pediatric Allergy and Immunology, Dr. Eric Chiou, Assistant Professor of Pediatric Gastroenterology, and Jaleen Rogers, the Quality of Life Program Coordinator at Texas Children's Hospital. We hope to receive positive feedback from attendees similar to our previous event.

Community Outreach and Education

National and State Legislative Update by Dr. Carla M. Davis

This year was unprecedented in terms of our involvement in advocacy for sesame to be added as an allergen to the Food Allergen Labeling and Consumer Protection Act and in the implementation of the unassigned epinephrine bills, SB66 (public schools), SB579 (private schools) and SB1367 (institutions of higher education). In my role as the Presiding Chair of the Stock Epinephrine Committee for the Department of State Health Services, the committee developed and released guidelines for the implementation of stock epinephrine in Texas schools. Since the passage of the above laws, over 100 Texas children and adults in schools have been treated with epinephrine with most of the reactions triggered by food. These laws are making a difference!

As the President-Elect of the Texas Allergy, Asthma and Immunology Society, I was able to help advocate for schools to adopt the above policies and will continue to be active in the upcoming legislative session to ensure the safety of food allergic children. We will advocate for new legislation to be proposed in the 2019 Legislative Session which would provide food allergy information in restaurants, education about food allergies to restaurant employees and unassigned epinephrine in public places such as sports venues. We look forward to continuing our advocacy efforts!



Houston Area Community Outreach by Fabian Rivera

After a big year in 2017 in which the Texas Children's Hospital Food Allergy Program helped to get Senate Bill 579 and 1367 passed by speaking to the Senate, most people would rest on their laurels. That's not what the Food Allergy Program did in the year of 2018.

Spearheaded by our Daisy Tran, RN, we broadened our outreach to educate the community on food allergies. With new additions to the team, Kathy Pitts, CPNP and research coordinator, Fabian Rivera, we were able to visit upwards of 10 schools and fairs in 2018. We were able to educate nurses, teachers, and faculty with media presentations and hands on training with epinephrine trainers. One highlight was St. Vincent De Paul School where we were given an opportunity to educate and address about 400 students directly. We were invited back to give another educational tutorial to 50 staff and were told by a teacher that her son (whom attended the student tutorial earlier in the year) recognized that his younger brother was having a food allergy reaction, which was confirmed by physicians later in the emergency room.



The Food Allergy Team participated in the Spring Branch Health Fair that saw an estimated 6,000 people. The team estimated the table was visited by 4,000 parents and children. We braved unusually cold and rainy weather in April at the Family Fun Run hosting a booth, supplying tattoos for kids, while educating them and their parents. Despite the weather, it was estimated that 500 parents and children still came by the table to learn about food allergy.

In November, Kathy Pitts, CPNP headed her own educational session at Champion Forest Pediatrics, where she educated 6 nurse practitioners and one doctor.

We hope that 2019 will bring more opportunities to reach out to the community. If you have an idea for an educational session, or would like to schedule one, please contact us at FoodAllergyNurse@texaschildrens.org.



We want to thank the Penland Foundation for supporting these efforts.

Food Oral Immunotherapy Clinic by Aikaterini Anagnostou, MD, PhD

The launch of our Food Immunotherapy clinic in January 2018, was met with tremendous excitement and enthusiasm from our community. Our clinic staff received over 100 phone calls within the first two hours of the announcement, from interested families. Of note, we are the first Academic Center in the United States to offer this intervention outside the research setting, and are already receiving multiple requests from other Academic centers to support them in replicating it. During the past year, over 100 children with peanut allergy were evaluated in our Peanut Assessment Immunotherapy clinic, with more than 80 being offered the opportunity to participate in this clinical Program. Currently, we have 22 children receiving regular up doses, with most of them nearing the end of peanut OIT! In the next few months, we anticipate to have another 30 joining the OIT clinic Program. We are following our patients to ensure their quality of life continues to be improved. As always, we are very grateful for all the support from our community and food allergy families and look forward to expanding the Program to include tree nut OIT within the next year.

We are grateful to The Scurlock Foundation and Peter and Elizabeth Wareing for the support of the OIT research studies.

Research by our Food Allergy Faculty

Our Food Allergy Program team has initiated multiple research projects within 2018, with an important focus on mechanistic/laboratory work, the microbiome and quality of Life for food allergic patients and their families.

We appreciate the support and interest we have received from our community and would like to invite anyone interested in participating in the following ongoing projects, to contact Daisy Tran if you are interested in participation.

Open/Currently Enrolling Research Studies

OMEGA: A Prospective, Multicenter Study to Compare and Validate Endoscopic, Histologic, Molecular and Patient-Reported Outcomes in Pediatric and Adult Patients with Eosinophilic Esophagitis (EoE), Gastritis (EG) and Colitis (EC)

Eligibility: Male or female 3 years of age or greater diagnosed with EoE, EG or EC.

What is requested: A sample of tissue from your standard of care endoscopy, blood sample collection, and completion of questionnaires.

The FARE patient registry: A registry for patients with food allergy

Eligibility: Male or female of all ages with food allergy

What is requested: Survey completion

Quality of Life Assessment For Seafood Allergies

Eligibility: Male or female of all ages with seafood allergy

What is requested: Survey completion

Multi-parametric flow cytometry as a means to better understand immune disorders

Eligibility: Children 0-17 years old with food allergy

What is requested: A single blood sample



Samantha, 10 yrs old

"Peanut oral immunotherapy has been very interesting and is not as scary as I thought it would be. It is amazing to me that I can eat something I am allergic to in small amounts! When I finish in May...I look forward to eating M&Ms!"



Alexander, 15 yrs old

"Research oral immunotherapy (OIT) at Texas Children's Hospital has greatly improved my quality of life. It is a big commitment but is ultimately worth it as it has given me so much freedom at school, home, or in social situations. I no longer have to stress about cross contamination and I feel much safer eating out. I am very grateful for the amazing team of doctors and nurses at the OIT clinic who took such great care of me over the years."

Research by our Food Allergy Faculty Continued

Immune responses in shrimp allergy

Eligibility: People 0-21 years old with shrimp allergy

What is requested: A double blind food challenge to shrimp, skin prick testing and a single blood sample

Evaluation of immune and microbiome changes in sensitized, allergic and healthy children.

Eligibility: Infants and young children up to age 3 years, with or without food allergy

What is requested: A single stool and buccal sample.

Impact of food allergy on the quality of life of pediatric patients and their families.

Eligibility: Children 0-17 years old with food allergy

What is requested: Completing a food allergy questionnaire.

Evaluation of quality of life in children with allergic rhinitis.

Eligibility: Children 0-17 years old with allergic rhinitis

What is requested: Completing an allergic rhinitis questionnaire.

Evaluation of quality of life in children with atopic dermatitis and chronic urticaria.

Eligibility: Children 0-17 years old with atopic dermatitis and/or chronic urticaria

What is requested: Completing an atopic dermatitis/chronic urticaria questionnaire.

Upcoming Research Studies

Regeneron EoE: A Phase 3, Randomized, 3-Part Study to Investigate the Efficacy and safety of Dupilumab in Adult and Adolescent Patients with Eosinophilic Esophagitis

Eligibility: Male or Female 12 years of age or greater diagnosed with EoE.

What is requested: Treatment with a shot of Dupilumab or Placebo, electronic diary completion, tissue sample from endoscopy procedure, and blood sample collection.

EPITOPE: A Double-Blind, Placebo-Controlled, Randomized Phase III Trial to Assess the Safety and Efficacy of Viaskin® Peanut in Peanut-Allergic Young Children 1-3 Years of Age (EPITOPE study)

Eligibility: Male or Female 1-3 years of age diagnosed with Peanut Allergy.

What is requested: Double Blind Food Challenge to Peanut, Treatment with Viaskin® Peanut or Placebo, Skin Prick Test, Electronic diary and questionnaire completion, and blood samples.

Allakos PRO Questionnaire: Development of a Patient-Reported Outcome (PRO) Symptom Questionnaire for Eosinophilic Gastritis (EG) and Eosinophilic Gastroenteritis (EGE) in Children and Adolescents

Eligibility: Male or Female 8-17 years of age diagnosed with EG and or/ EGE.

What is requested: One time 60 minute interview (in person, via telephone or videoconference) and EG/EGE Symptom Questionnaire completion.

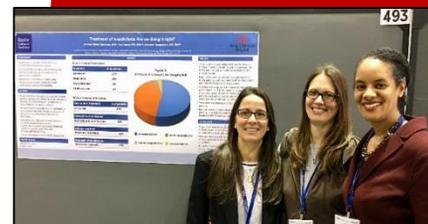
Animal Study Assessing a New Therapeutic Option Potential

Microneedles for Treatment of Peanut Allergy

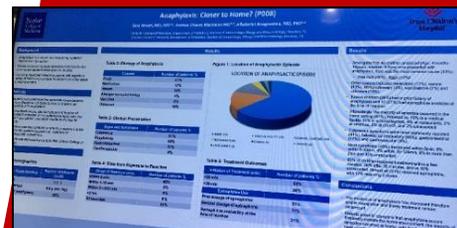
Sponsor: National Institutes of Health (NIH)

Food Allergy Program Research Update

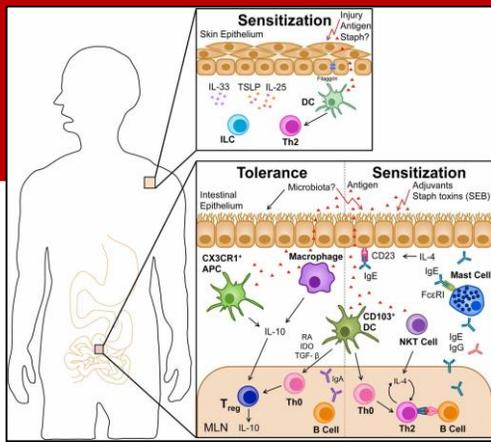
Compiled By
Teslyn Kauffman & Aikaterini Anagnostou, MD, PhD



Dr. Andrea Blackman
Dr. Aikaterini Anagnostou
Dr. Carla Davis



Scientific Publications by Food Allergy Program



Anagnostou K, Turner PJ. Myths, facts and controversies in the diagnosis and management of anaphylaxis. *Arch Dis Child*. 2019 Jan;104(1):83-90. doi: 10.1136/archdischild-2018-314867. Epub 2018 Jun 16. Review. PMID: 29909382

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Tuano KTS, **Davis CM**. Oral allergy syndrome in shrimp and house dust mite allergies. *J Allergy Clin Immunol Pract*. 2018 Nov - Dec;6(6):2163-2164. doi: 10.1016/j.jaip.2018.04.035. Epub 2018 May 8. No abstract available. PMID: 29751156

Tuano KTS, **Anvari S**, Hanson IC, Hajjar J, Seeborg F, Noroski LM, Guffey D, Kang G, Orange JS, **Davis CM**. Improved diagnostic clarity in shrimp allergic non-dust-mite sensitized patients. *Allergy Asthma Proc*. 2018 Sep 1;39(5):377-383. doi: 10.2500/aap.2018.39.4148. PMID: 30153888

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Anvari S, Miller J, Yeh CY, **Davis CM**. IgE-Mediated Food Allergy. *Clin Rev Allergy Immunol*. 2018 Oct 29. doi: 10.1007/s12016-018-8710-3. [Epub ahead of print] PMID: 30370459

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