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Food Allergy: What We Know Now

Lindsey E. Moore, Patricia H. Stewart, Richard D. deShazo



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Authors: Lindsey E. Moore, DO; Patricia H. Stewart, MD; Richard D. deShazo, MD

Institutional Affiliation for all authors: University of Mississippi Medical Center; Department of Medicine; Division of Clinical Immunology and Allergy

Corresponding Author: Patricia Stewart, MD; University of Mississippi Medical Center, 2500 North State Street, Jackson, MS 39216; 601 815 5527; phstewart@umc.edu

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Short Title: Food Allergy Update

Abstract

Food allergy is an adverse immune reaction that occurs reproducibly on exposure to a given food. Prevalence rates of food allergy continue to increase worldwide, sparking continual research efforts in finding a suitable and safe cure. Food avoidance, the current standard of care, can be difficult to achieve. This review aims to provide a broad overview of IgE mediated food allergy, highlighting its epidemiology, masqueraders, immunopathophysiology, clinical presentation, diagnostic work-up, and available preventative and treatment strategies. This review will also discuss novel, investigative therapies which offer promising therapeutic options, yet require continued research efforts to determine safety effects. Inducing tolerance, whether by immunotherapy or with administration of monoclonal antibodies, allows us to move toward a cure for food allergy, which could vastly change this field of allergic diseases in the coming decades.

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