

Identifying and treating allergic reactions

- Training of the patient/parent/immediate environment in dealing with allergic reactions/anaphylaxis (allergist / AGATE)
- Prescription of an emergency kit
- Handling emergency kit: adrenaline auto-injector, oral H1 antihistamine, glucocorticoid, beta2 adrenoceptor agonist, inhaled adrenaline preparation
- Anaphylaxis pass
- Always carrying the emergency kit with you

Nutritional therapy

- Individual allergen avoidance and adapted to the personal tolerance threshold
- Knowledge of the occurrence of peanuts, especially in processed form
- Understand the meaning of a warning notice
- Situation-related risk assessment as a basis for individual avoidance strategies
- Augmentation factors: physical activity, infections, medication intake, lack of sleep, alcohol consumption

New therapeutical option: oral immunotherapy (OIT)

- Increase of the tolerance threshold for IgE-mediated peanut allergy: protection against allergic reactions after accidental consumption of peanuts
- Individual benefit / risk assessment

Outlook

Management and therapy

- Epicutaneous immunotherapy
- Multiple OIT and omalizumab / dupilumab
- Oral mucosal immunotherapy