Researchers are developing new treatments to fight common food allergies in children by exposing the patient to small doses of an allergen in an effort to desensitize the body.

**Keywords**

Food Allergies, Allergy, Treatment, Stanford University, Stanford Allergy Center, Study, Research, Desensitize, Tessa Grosso, Kim Grosso, Tolerance, Tolerate, Expose, Exposure, Reactions, Allergens, Kari Nadeau, Proteins, Doses, Xolair, Asthma, Medicine, Medication, Drug, Patch, Skin, Spencer Badie, Elizabeth Badie, Stephen Tilles, Seattle Food Allergy Center Director, Vaccination, Inoculate, Peanuts, Dairy, Wheat, Egg, Almonds, Food, Eating, Allergies, Health, Wellness

**Citation**

New Food Allergy Treatments Show Promising Results

BRIAN WILLIAMS, anchor:
At best they are aggravating, at worst they can be deadly for the estimated 15 million Americans who suffer from food allergies, including about 6 million children and including the peanut allergies that have come out of nowhere in recent years. But now finally, some new treatments are showing promising results for those who wish they could eat but they can't. Our report from our Chief Medical Editor, Doctor Nancy Snyderman.

DOCTOR NANCY SNYDERMAN, reporting:
For most of her young life, severe food allergies kept 11 year-old Tessa Grosso feeling different from other kids.

TESSA GROSSO: I felt left out.
DR. SNYDERMAN: Her mom Kim was terrified about potentially fatal reactions to dairy, wheat, egg, almonds, and peanuts.

KIM GROSSO: I remember the first time she went to camp, I hired someone to shadow her and I then went and hid in the bushes and just watch to make sure she was okay.

DR. SNYDERMAN: So two years ago, they joined a study at Stanford University designed to gradually build Tessa's tolerance to a combination of foods all at once. The team, led by Doctor Kari Nadeau fed, Tessa tiny bits of proteins from the foods she was allergic too, gradually increasing the doses. They combined that with injections of Xolair, a well-known asthma drug. The results, Tessa was desensitized to multiple allergens within six months, much faster than previous studies using a similar approach; even better, she's now able to eat many of the foods that once would have put her in the hospital.

DR. KARI NADEAU (Stanford Allergy Center Director): It's really exciting for me to say that for those people that stay in the study, they are having the same types of outcomes as Tessa.

DR. STEPHEN TILLES (Seattle Food Allergy Consortium): How are things?

SPENCER BADIE: Good.

DR. SNYDERMAN: Another promising treatment for food allergies is a patch to help kids like Spencer
Badie avoid severe reactions to peanuts.

DR. TILLES: The goal of the patch would be to expose the skin to the-- the food they're allergic too in a way that is almost like a vaccination.

DR. SNYDERMAN: The study results won't be released until October, but Spencer's parents David and Elizabeth say it's the hope of a future free of food allergies that keeps them participating in the research.

ELIZABETH BADIE: Great if it helps him, but even better if this is the trend towards allergy treatment and we can help other kids and other families.

DR. SNYDERMAN: There's no real cure for food allergies, but the hope is that they can be managed so that they're not deadly. These treatments are not yet widely available but things like the patch, as they await FDA approval, we'll keep you up to date. Brian.

WILLIAMS: Just a huge issue for so many families. Nancy, thank you as always