

FOOD ALLERGY. MODERN VIEW OF DIAGNOSIS AND TREATMENT

A. I. Kurchenko¹, L. I. Romaniuk¹, A. R. Levchenko²

¹*Bogomolets National Medical University, Kyiv*

²*Allergology and Immunology Clinic "AirDoc", Kyiv, Ukraine*

Abstract. Food allergy is an urgent health care problem. The incidence of food allergies has been increasing since the 1990s. The main factors contributing to the emergence of food allergies are presented: the hygienic hypothesis; sibling effect; the theory of double allergen exposure, etc. The gut microbiome plays a role in the pathogenesis and the course of food allergy. Patients with food allergy have distinct gut microbiomes compared to healthy controls. The development of food allergy is preceded by an imbalance of the intestinal microbial ecosystem. Diet, probiotics, prebiotics, symbiotics, and faecal microbiota transfer are potential microbial therapeutics for the prevention and treatment of food allergy. Diseases and syndromes associated with food allergy are considered. Diseases and syndromes associated with food allergy are considered. The main methods of food allergy diagnosis are provided: skin prick tests, laboratory serum tests, oral provocation test. Changing perceptions about the treatment of food allergies: treating food allergies with different methods of specific immunotherapy instead of avoiding allergenic foods. The FDA has already approved the oral immunotherapy treatment of peanut allergy with Palforzia AR101 allergen. The article lists the main drugs for medical treatment of food allergies, in particular omalizumab. Patients with food allergies should always carry an epinephrine injection device, which is the mainstay of pharmacotherapy for anaphylaxis.

Key words: food allergy, hygienic hypothesis, gut microbiome, oral immunotherapy of food allergy, omalizumab.