



Dupilumab as treatment of multiple food allergy - case report

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Introduction

Food allergy (FA) can affect even 10% of general population. The risk factors of the most serious clinical manifestations in the adulthood is the peanut allergy, atopic dermatitis, asthma. Nowadays the main therapeutic option for food allergy is allergen avoiding and emergency treatment in case of anaphylaxis or food allergy symptoms. In February 2024 FDA approved Omalizumab as first biological drug in the indication of food allergy treatment.

Case description

A 42- years old patient, was admitted to the Allergology, Clinical Immunology and Internal Diseases Clinic to perform double blind oral provocation in order to expand the diet in the hospital. Patient with history of atopic dermatitis and food allergy since adolescence, with history of anaphylactic reactions to milk, egg, cheese. Patient was on a restricted diet for 7 years, with elimination of many products- her diet consisted only: poultry, millet, buckwheat, potatoes, avocado, carrot, garlic, onion, blueberries, sesame, pumpkin seeds. Due to severity of atopic dermatitis patient was classified in 2022 to biological treatment with Dupilumab. After about 12 months of treatment besides approval of skin condition, higher tolerance for food products was observed by the patient. In 2024 molecular test ALEX Allergy Explorer was re-performed and revealed lower concentrations of almost every specific IgE comparing to test in 2018- before Dupilumab treatment. Patient underwent double blind placebo controlled food challenge (DBPCFC) in order to expand diet of the patient with one egg yolk and did not present any symptoms.



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Conclusions

Patient was advised to implement into her diet egg yolk. Dupilumab may be effective treatment of food allergy. Further studies are essential to investigate this topic.

Conflicts of Interest: The authors declare no conflict of interest.

Case report was not presented before on International Congress of the Polish Society of Allergology.