

## PRESS RELEASE

### **New desensitisation treatment for peanut allergy is effective and safe**

(Hong Kong, 10 June 2019) — Peanut allergy is the commonest cause of food-induced anaphylaxis in the world and it can be fatal. There have been many recent improvements to achieve safe methods of peanut desensitisation, one of which is to use a combination of anti-immunoglobulin E and oral immunotherapy. 27 patients aged 6 to 16 years old have been treated with this combination therapy at the Hong Kong Sanatorium & Hospital's Allergy Centre and the results are reported in the June 2019 issue of the *Hong Kong Medical Journal*.

Over a period of 12 to 28 weeks, patients were fed increasing amounts of peanuts from around 5 mg daily before treatment to 2000 mg daily (equivalent to about 9 peanuts) after desensitisation therapy. This is an improvement of 400 times, and represents a much larger amount of peanut than is likely to be encountered through accidental ingestion. During this period, only 1.8% of peanut encounters resulted in allergic reactions, none of which required emergency adrenaline administration. After successful completion of this treatment, peanut consumption was continued at 2000 mg daily to maintain desensitisation. During the 3-year follow-up phase, 0.6% of peanut encounters resulted in allergic reactions, none of which required emergency adrenaline administration.

The principal investigator and author Dr Tak-hong Lee, Director of the Allergy Centre, said that regular ingestion of peanut consumption is required to maintain the desensitized state. Preliminary data suggest that unresponsiveness is lost when daily ingestion of peanuts is stopped after the maintenance period. Seven patients have been followed up since the end of the treatment. Three of them stopped regular peanut ingestion and their sensitivity returned. The other four continued to eat peanuts at least 3 times per week and had not experienced any reactions at 4, 7, 8, and 24 months after the end of the treatment.

All desensitization treatments must be under the close supervision of experienced allergists. All patients and their families who completed desensitisation have said that the treatment has been life-changing because they no longer have to worry about developing potentially fatal reactions after eating peanuts accidentally.

The authors recommend combining anti-immunoglobulin E with oral immunotherapy to treat

peanut allergy, because it is both efficacious and safe.

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The research article “Peanut allergy and oral immunotherapy” was published in the latest issue of the *Hong Kong Medical Journal*. <https://doi.org/10.12809/hkmj187743>

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## 新聞稿

### 嶄新花生結合脫敏治療獲證有效及安全

（香港，2019 年 6 月 10 日）— 花生過敏是世界上最常見導致食物誘發過敏性休克的原因，而且可以致命。近年，花生脫敏治療研究的安全度已有很大改進，其中一個方案是結合注射抗免疫球蛋白 E 和口服脫敏治療（OIT）。迄今，先後有 27 名年齡由六歲至十六歲患有花生過敏病人接受結合脫敏治療，並在最新一期《香港醫學雜誌》報導有關研究的綜合結果。

研究發現，患者接受 12 至 28 週結合治療後，耐受花生蛋白劑量的中位數，由 5 毫克提高至脫敏後的 2000 毫克（大約 9 粒花生），耐受花生蛋白劑量大大增加 400 倍，這遠遠超於日常意外攝入劑量。於 OIT 的劑量遞增期間不良反應的發生率為 1.8%。

大多數的不良反應屬於輕微，均毋須無需注射腎上腺素。初步數據顯示，在維持期後停止每天攝入花生，對花生的耐受性就會失效。成功完成花生蛋白劑量遞增後，病人進行為期三年的劑量維持期，每天維持進食 2000 毫克的花生蛋白，期間產生不良反應的發生率為 0.6%，均毋須注射腎上腺素。

本研究之主要作者養和醫院過敏病科中心主任李德康醫生指出，在劑量維持期後須定期進食花生粉以維持對花生的耐受性。初步數據顯示，在劑量維持期後停止每天攝入花生，對花生的耐受性就會失效。在本研究中，有七位患者已完成每日進食維持期的花生蛋白劑量，其中三位停止定期進食花生，而重新出現對花生的過敏反應。另外四位患者每星期三次進食維持期的花生蛋白劑量，在第 4、第 7、第 8、第 24 個月觀察期間均沒有發生任何不良反應。

整個花生脫敏治療療程均須在過敏科專業醫護之密切監察下進行。參與及完成治療的患者及家人均對脫敏治療結果感到滿意，消除了意外進食花生的憂慮和心理負擔，大大提高生活質素。

作者建議結合注射抗免疫球蛋白 E 和口服脫敏治療（OIT）的花生脫敏治療，因既有效且安全。

— 完 —

本研究文章〈花生過敏與口服脫敏治療〉於最新一期《香港醫學雜誌》刊登。  
網址：<https://doi.org/10.12809/hkmj187743>

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