

# Enquiring About Tolerance Study: A Summary



## BACKGROUND

- Though delayed introduction of allergenic foods prevents occurrence of an allergic reaction, there is no evidence to suggest it prevents the development of allergies and might simply delay the manifestation of a pre-existing allergy.
- Given a push for exclusive breastfeeding, at 8 to 10 months of age, only 8% of infants had been given peanuts or peanut products. (in 2010)
- The goal of the study was to test the hypothesis that the early introduction of multiple allergenic foods from 3 months of age in an unselected population of exclusively breastfed infants would, as a primary outcome, reduce the prevalence of food allergy and, as a secondary outcome, influence asthma, eczema, allergic rhinitis, and the prevalence of combined allergic disease by 3 years of age.

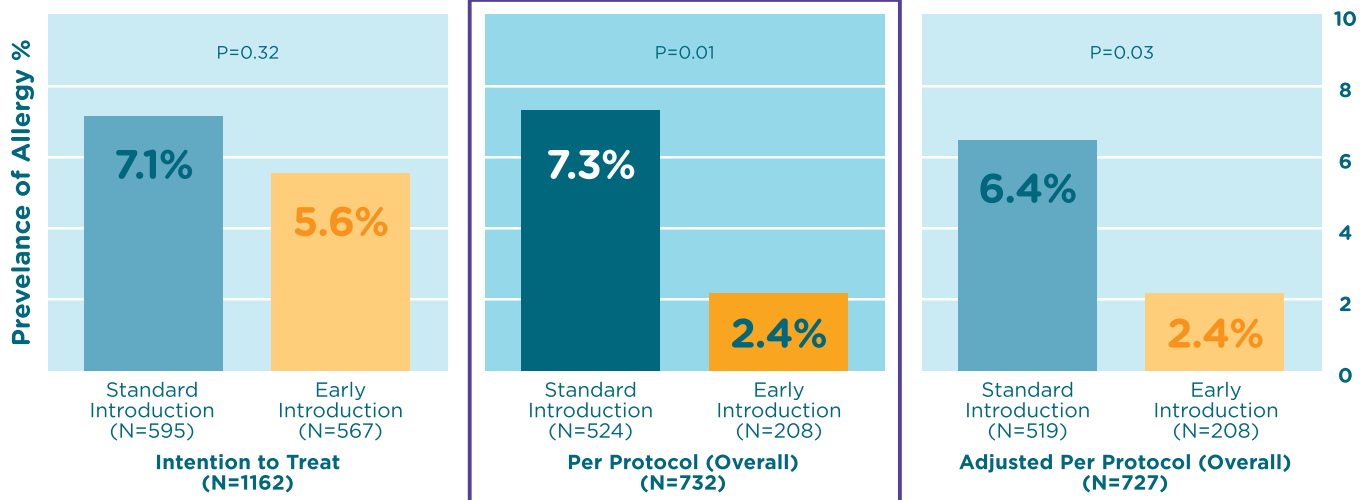
## METHODS

- Randomized, open-label, controlled trial of singleton infants 3 months of age and exclusively breast-fed.
- Participants were randomized to standard introduction (exclusive breast-feeding to 6 months, after 6 months of age, the consumption of allergenic foods was allowed) or early-introduction (2g of yogurt, followed by peanut, boiled hen's egg, sesame, whitefish and wheat each twice per week).
- All families completed questionnaires each month to 1 year of age, and then every 3 months until 3 years of age. This questionnaire recorded the frequency of and quantity of consumption of allergenic foods.

## RESULTS

- The trial did not show the efficacy of early introduction of allergenic foods in an intention-to-treat analysis.
- In the per-protocol analysis, the rate of the primary outcome was significantly lower in the early-introduction group than in the standard-introduction group (2.4% [5 of 208 participants] vs. 7.3% [38 of 524]). The relative risk in the early-introduction group was 0.33 (95% CI, 0.13 to 0.83; P=0.01), representing a prevalence that was 67% lower than that in the standard-introduction group.

## ONE OR MORE FOOD



Images and text taken, lightly edited, from:

Perkin MR, Logan K, Tseng A, Raji B, Ayis S, Peacock J, et al. *Randomized Trial of Introduction of Allergenic Foods In Breast-Fed Infants*. N Engl J Med. (2016) 374:1733–43. doi: 10.1056/NEJMoa1514210

Summarized by

