

**2018 Annual Congress of the
European Academy of Allergy and Clinical Immunology**

**Changing the Perspective of Allergy
Professor Gideon Lack wins EAACI Award**

Munich, Germany, 28 May 2018 – EAACI Congress 2018

Opening Ceremony, Saturday 26 May 19:00 – 20:00

Embargo policy lifted: 26 May 2018 – 20:00

Reducing the incidence of peanut allergy

Professor Gideon Lack is awarded with the *Daniel Bovet Award for Treatment and Prevention* by the European Academy of Allergy and Clinical Immunology (EAACI). His work is on tolerance induction in young infants for food allergy and has led to changes of diet guidelines worldwide in only a few years after his breakthrough publications. He, and first author, Professor George du Toit have described that introducing peanut proteins in the diet can reduce the incidence of peanut allergy in a high-risk population up to 7-fold.

The prestigious Daniel Bovet Award is presented to Gideon Lack, who is Professor of Paediatric Allergy at King's College London and Head of the Academic Paediatric Allergy Service at Guy's & St. Thomas' NHS Foundation Trust. He received his medical degree from Oxford University, trained as a Paediatrician in New York, and specialised in Allergy at National Jewish Center in Denver, Colorado. He led the Department of Paediatric Allergy and Immunology at St Mary's Hospital London and was Professor of Paediatric Allergy and Immunology at Imperial College London where he worked for 12 years before moving to King's College London in 2006. His research focuses on peanut allergy and strategies to prevent food allergies through oral tolerance induction. The landmark LEAP (Learning Early About Peanut allergy) study, published in the *New England Journal of Medicine* (2015) showed that early consumption of peanuts in atopic infants reduces the development of peanut allergy by up to 80% and that the protection remains despite ceasing to consume peanuts (2016). The EAT (Enquiring About Tolerance) study proved further that this approach may prevent other food allergies (2016). This has reversed infant weaning policy worldwide, reflected in new national and international guidelines.

It is extremely rare that a research finding has such an immediate effect on worldwide guidelines. Due to the original observation on dietary restrictions between two populations, and translating this in a large clinical intervention study, Professor Lack and his research group was able to demonstrate that introducing peanut proteins early in life can prevent peanut allergy. This was demonstrated in a group of children considered to be at high risk of development of peanut allergy, who were often advised to refrain from consuming peanuts in their diet for the first few years in life. These diet restrictions might have been an underlying factor in the observed increase in peanut allergies in the last decades and it is anticipated that the early introduction of foods in the diets of young infants might halt or even reverse this food allergy increase.



EAACI Congress 2018 in Munich.

The scientific programme of the EAACI Congress 2018 will present the best in science with educational sessions from distinguished researchers from across the globe. An expected attendance of 8000 participants from more than 80 countries, including more than 450 invited speakers, will address major advances and novel challenges in the field. Covering key topics on allergic diseases and asthma the EAACI Congress provides a multidisciplinary forum for allergists, pulmonologists, ENTs, dermatologists, internists, pediatricians, gastroenterologists, clinical immunologists and primary care physicians, allied health professionals and patients organisation representatives.

About EAACI

The European Academy of Allergy and Clinical Immunology (EAACI) is a non-profit organisation, active in the fields of allergic and immunologic diseases such as asthma, rhinitis, eczema, occupational allergy, food and drug allergy, and anaphylaxis. EAACI was founded in 1956 in Florence, Italy and has become the largest medical association in Europe in the field of allergy and clinical immunology. It includes over 10'000 members from 122 countries, as well as over 60 national and international member societies.

Over the past 62 years, EAACI has dedicated its resources to improving the health of people affected by allergic diseases and asthma. With experience and knowledge in allergy science, EAACI is the primary source of expertise in Europe and beyond for all aspects of allergic diseases and asthma.

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