


Sublingual immunotherapy in pediatric patients: Beyond clinical efficacy

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RESUMEN

Purpose of review: Sublingual immunotherapy (SLIT) is widely used in several European countries. Many clinical trials and a meta-analysis presently support its efficacy, but limits and indications in pediatric age still need to be clarified. We review here the most recent literature on SLIT, with particular attention paid to the safety of children and to the additional clinical effects. Recent findings: In addition to clinical trials, post-marketing surveillance studies have confirmed the optimal safety profile of SLIT in adults and children, including those below the age of 5 years. The most recent studies have shown that SLIT identically to the subcutaneous route, has the potential to affect the immunological response to allergens. This is testified to by the facts that SLIT can prevent the onset of new sensitizations and maintain its beneficial effect for years after discontinuation. Moreover, it has been shown that SLIT can prevent the onset of asthma in children with rhinitis. Summary: Due to its excellent safety, SLIT would be an optimal candidate for use in pediatric age groups, where the natural history of allergy can be to some extent modified. Nonetheless, formal and rigorous studies are needed to define its exact indication and dosage.

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