



JOURNEY TO FOOD FREEDOM



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TOLERANCE

I

INDUCTION

P™

PROGRAM



Southern California
Food Allergy Institute



TIP™ Program Overview

Millions of children suffer from anaphylactic food allergies worldwide. At Southern California Food Allergy Institute, we envision a world where this does not have to be the case.

Through our data-driven Tolerance Induction Program (TIP™) we build safe, customized treatment plans that are unique to each patient's allergic profile and data markers. Through this personalized approach, our patients achieve the freedom to eat whatever they want, whenever they want, in any quantity.

On-Boarding/Launch

After your virtual Tele-Boarding visit, you will come in-person to our clinic for your On-Boarding visit. This will be a day where we conduct extensive diagnostics to obtain a complete picture of your child's immune system and allergic profile.

8-12 weeks after your On-Boarding visit you will return for a Launch visit. Over the course of 2-3 days your child will be tested with a skin patch that contains physical food allergens. After 24 hours, once the patch is removed, you will meet with one of our physicians to review the results and your child's treatment plan based on our analytics. Your child will also complete their first Food Challenge at this visit.

Food Challenges

These series of visits are where your child will come into the clinic for a monitored consumption of an allergen they have been sensitized to with previous dosing. After each successful challenge, these foods will move from dosing into your child's maintenance plan. We will also introduce new conditioning foods to your child during these visits, adding new allergens into your at-home dosing plan.

Each treatment plan requires a different number of visits to complete all Food Challenges. There will be a period of 6-8 weeks between each visit for your child to complete their at-home dosing plan before the next challenge.

Tolerance

This phase of the program is when your child is able to consume large and infrequent amounts of food proteins on a regular basis without any reaction. During this phase, your child will transition away from daily protein exposure to weekly maintenance. You will need to come in-person for two visits during this phase, spaced 22-24 weeks apart, to challenge your child's proteins at increasing amounts.

Remission

The final phase, this is when your child reaches food freedom! Once you have reached Remission, your child can eat like a non-allergic person. We do require annual visits so we can continue to monitor your child's system and adjust their maintenance plans as needed.

Zone 1



On-Boarding & Launch

Our Tele-Boarding, On-Boarding, and Launch visits allow our providers to collect your child's data, create an individualized dosing strategy for them, and make recommendations to prepare your child's system for food immunotherapy.

Tele-Boarding visit

This first visit is designed to collect important historical information about your child. This visit will be completed via a video call with one of our physicians to review your child's current food consumption, medical history, and to answer your basic questions about the program.

On-Boarding visit

At your first in-person appointment at our clinic, we will conduct extensive diagnostics to obtain a complete picture of your child's immune system and allergic profile. This includes skin prick testing and blood testing that allows our medical team to evaluate over 300 biomarkers for your child. We recommend ensuring your child is well hydrated and has eaten a snack beforehand. The result of the intake process is a molecular snapshot of how your child's immune system views allergens. These results will be presented at your next Launch visit.

Launch will consist of the following visits:

Day 1 - Patch day

A patch that contains physical food allergens will be placed on your child's back. This enclosed patch will remain on their back for 24 hours. This allows us to assess how your child's GI tract reacts to various allergens. Please keep the patch clean and dry, avoiding any heavy activity and sweating during the test.

Day 2 - Launch day

During Launch day, the patch is removed, and results are recorded while you meet with one of our physicians to review the results and your child's treatment plan based on our analytics. Our staff will thoroughly go over your at-home dosing regimen with you, and your child will complete their first Food Challenge.

Days 3+ - Additional visits

Since each child's plan is individualized, some patients may need additional visits for their treatment plan.



Food Challenges

Food Challenge visits are an important part of the journey to food freedom. We follow each child's food dosing strategy and conduct challenges to safely build up their tolerance over time. We introduce new foods at these visits to be added to your at-home dosing regimen. We hold these visits in our clinic so we can monitor each child in a controlled setting. The number of Food Challenge visits needed depends on each child's treatment plan.

What is a Food Challenge?

A Food Challenge is a monitored office visit where your child will consume a large amount of an allergen followed by exercise to ensure safe consumption at home. After each challenge, these foods will move into your child's maintenance plan to keep up tolerance.

What is an Introduction?

An Introduction is a monitored office visit where we will introduce a new allergen to your child in small amounts. These allergens are always given in higher amounts in the office compared to at-home dosing and will be monitored for 15 minutes. Introduction foods will be taken home for regular dosing to build up tolerance so your child can later return to challenge them.



On-Boarding

Launch

Food Challenges

Food Challenges

Food Challenges

Tolerance

Remission

What is Tolerance?

Tolerance is the ability to consume large and infrequent amounts of food proteins on a regular basis resulting in zero activation of allergic pathways.

During this phase, your child will undergo a systematic transition away from daily protein exposure and will reduce their frequency of maintenance foods. This crucial transition phase tests your child's ability to eat allergens in varied amounts at less frequent times. Remember that routine exposure is key in keeping the tolerance you have built up during the program.

Timing

The timing between Tolerance visits differs from typical Food Challenge visits. This phase includes two visits, where there is a crucial four month period of transition to ensure Remission success. The timing between the second Tolerance visit and Remission is generally six weeks.

Have fun with food

At this phase in your program your provider will encourage you to take one day every week to try something new! During this time, work on stopping the habit of reading food labels, eating cross contaminated foods, and enjoying the final step towards food freedom.



What is Remission?

Remission is the absence of signs or symptoms of a disease process. Not a cure, TIP™ Remission is a state of immune unresponsiveness with once weekly protein exposures to remain tolerant to foods.

What does that mean? This simply means that your child will essentially eat like a non-allergic person.

Like all other medical conditions, it is important for us to follow your child's food freedom journey to ensure that their Tolerance levels are on the right track.

Why do I need to follow up?

We are committed to lasting food freedom for all our patients. Our journey with you doesn't end here. We check on our patients for the rest of their lives to ensure they stay in Remission.

Generally, if your child is tolerating their foods well, we recommend seeing them every year for an annual visit. This helps us monitor their system and adjust their maintenance plan depending on their tolerance.

How does the Remission process work?

We begin with a Remission visit, which is a large challenge to your child's highest allergen or allergens. This challenge is essentially a stress test to your child's immune system. We are testing its ability to handle normal variations of exposure in your child's regular diet. Once your child has successfully completed the challenge and monitoring period, they are in Remission and free to eat whatever they want!



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On-Boarding/Launch

After your virtual Tele-Boarding visit, you will come in-person to our clinic for your On-Boarding visit. This will be a day where we conduct extensive diagnostics to obtain a complete picture of your child's immune system and allergic profile.

18 weeks after your On-Boarding visit you will return for a Launch visit. Over the course of 3-5 days your child will be tested with a skin patch that contains physical food allergens. After 24 hours, once the patch is removed, you will meet with one of our physicians to review the results and your child's treatment plan based on our analytics. Your child will also complete their first Food Challenge at this visit.

Food Challenges

These series of visits are where your child will come into the clinic for a monitored consumption of an allergen they have been sensitized to with previous dosing. After each successful challenge, these foods will move from dosing into your child's maintenance plan. We will also introduce new conditioning foods to your child during these visits, adding new allergens into your at-home dosing plan.

Each treatment plan requires a different number of visits to complete all Food Challenges. There will be a period of 8-10 weeks between each visit for your child to complete their at-home dosing plan before the next challenge.

Tolerance

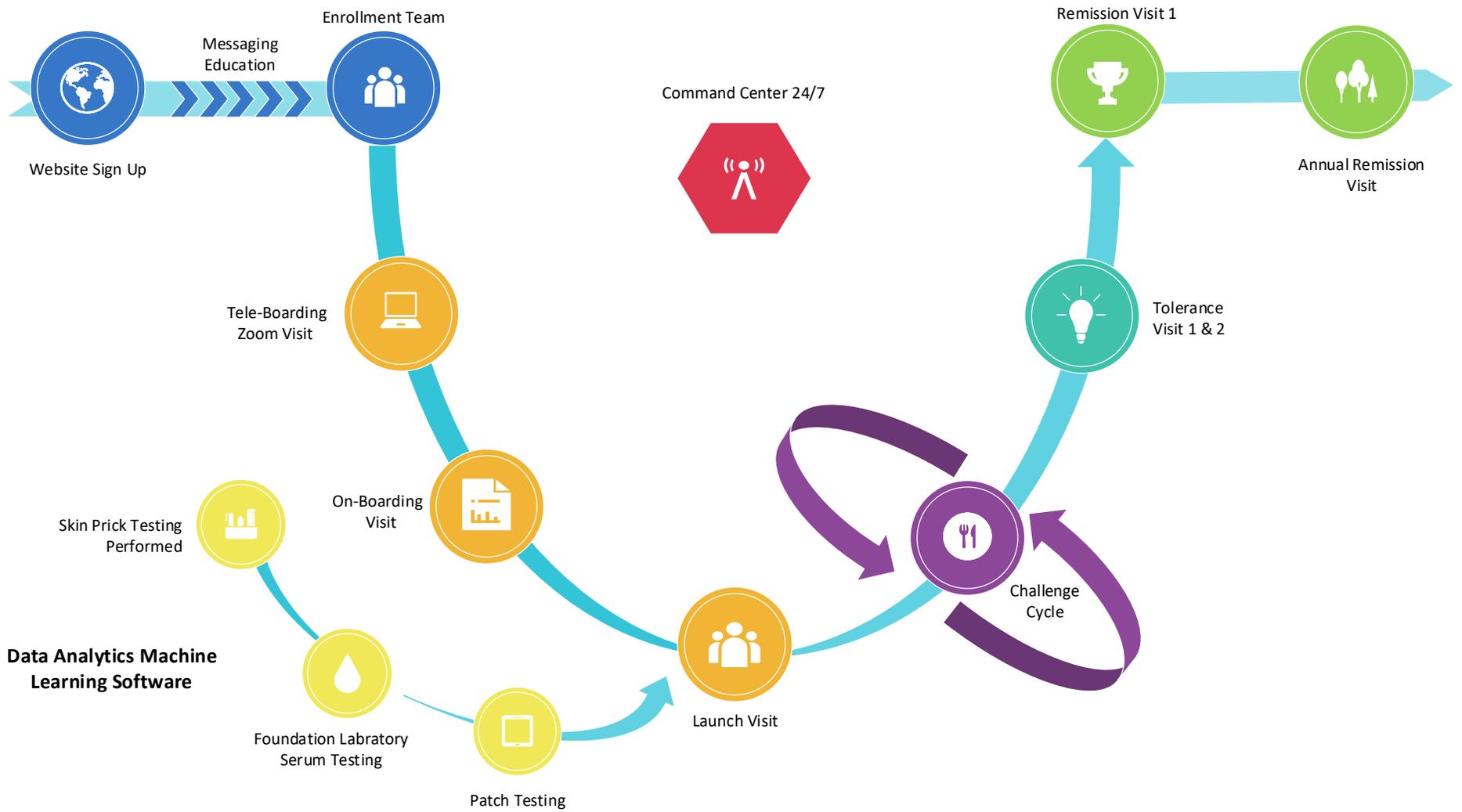
This phase of the program is when your child is able to consume large and infrequent amounts of food proteins on a regular basis without any reaction. During this phase, your child will transition away from daily protein exposure to weekly maintenance. You will need to come in-person for two visits during this phase, spaced 22-24 weeks apart, to challenge your child's proteins at increasing amounts.

Remission

The final phase, this is when your child reaches food freedom! Once you have reached Remission, your child can eat like a non-allergic person. We do require annual visits so we can continue to monitor your child's system and adjust their maintenance plans as needed.



SCFAI Patient Life Cycle





SCFAI Patient Day In The Life



Maintenance Foods
Consume within 1 sitting
Wait 4 hours between Maintenance and Treatment Foods



Treatment Foods
60 minutes of rest after consumption



SLIT
In the morning, before food



Medications
Any consistent time



Recommended Foods
Anytime throughout the day





Allergic Reaction Response Plan

These are the symptoms to look out for when ingesting food allergens.

Body System		Symptoms
Skin		Swelling of the following: tongue, lips, eyes, ears, genitals (males), hands, feet
Hives		Large and fixed hives that continue to develop after taking Benadryl
Lungs & Throat		Wheezing/bronchospasm, acute loss of voice, trouble swallowing saliva, drooling
Stomach		Repeated vomiting, profuse diarrhea, dry heaving
Altered Level of Consciousness		Fainting



Allergic Reaction Scenario Guide

Anaphylaxis is a potentially life-threatening event. Severe anaphylaxis is the combination of any two body systems reacting to a food allergen (Scenario 3).

We believe that all patients with food allergies should have an action plan. You will receive a plan with a list of medications and the correct dosage specific to your child. Prescriptions will be provided. Please fill these as soon as possible. We recommend educating your family on the plan. You can watch our anaphylaxis video to learn more about what steps to take in these situations here: <https://bit.ly/33K9XZM>

Please use your plan as directed for the following allergic reaction scenarios:

Scenario

1

Your child may have possibly ingested an allergic protein and is showing one symptom.

- **Example:** Child is experiencing a quarter-sized hive on stomach but unsure of the cause of the hive.
- **Treatment:** Proceed to administer medications and observe for six hours for signs of anaphylaxis. Please report any reactions to incidentreport@socalfoodallergy.org. If symptoms worsen where you are now in an anaphylactic situation, proceed to Scenario 3.

Scenario

2

Your child has definitely consumed a small amount of an allergic protein, less than 1/8 of a tsp, or a non-anaphylactic treatment food dosing reaction.

- **Example:** Child is experiencing swelling on the right eye caused by a known allergen, such as a treatment food dose.
- **Treatment:** Proceed to call the reaction hotline at (562) 490-9900, then press 7, and administer medications for a 24 hour period. If symptoms worsen where you are now in an anaphylactic situation, proceed to Scenario 3.

Scenario

3

Your child is experiencing multiple body system reactions from a known food allergen, or has accidentally consumed a large amount of a known food allergen but is not experiencing reactions.

- **Example:** Child is experiencing eye swelling and drooling.
- **Treatment:** **Dial 911.** You may also then call our provider line at (562) 490-9900, then press 7, but **ONLY** after dialing 911. Only once your child is stabilized and in care do we ask that you notify us. Please report any reactions to incidentreport@socalfoodallergy.org.

Questions?

 **Contact Us!** 

Main Number: (562) 490-9900

Appointments:

Press 1
scheduling@socalfoodallergy.org

Enrollment:

Press 2
waitlist@socalfoodallergy.org

Foundation Labs Billing:

Press 4 then 2
billing@foundationlabs.org

Other Inquiries:

info@socalfoodallergy.org

Philanthropy:

giving@socalfoodallergy.org

Public Relations and Marketing:

marketing@tpirc.org

Reactions:

Press 7
TIPhelp@tpirc.org

SLIT:

Press 6 then 3
(562) 304-9987
slit@socalfoodallergy.org

TIP Billing:

Press 4
billing@socalfoodallergy.org



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