CONTROLLED TRIAL OF HYPOSENSITISATION IN CHILDREN WITH FOOD INDUCED MIGRAINE

Egger J, Stolla A, McEwen LM, *Cephalalgia* August 1993 vol. 13 no. 13 suppl 195-255

University Childrens Hospital, Lindwurmstrasse 4, 8000 München 2, Germany

Enzyme potentiated desensitization (EPD) was tested in a double-blind placebo-controlled trial in 40 children with food induced migraine.

Children with frequent migraine underwent oligoantigenic diet (few foods) treatment for 4 weeks. Those who recovered subsequently identified provoking foods by sequential reintroduction. Foods which reproducibly provoked migraine were avoided. 40 patients in whom provoking foods were identified by this method were invited to take part in the hyposensitisation trial.

They were randomly assigned to treated and control groups. Treated patients received 3 doses of EPD (beta-glucuronidase and low levels of food antigens) intradermally at two-monthly intervals. Control patients followed the same protocol but received buffer only. Thereafter patients were allowed to eat known provoking foods. Of the 20 patients who received active treatment 16 became tolerant towards provoking foods compared to 6 of 20 who received placebo ($p < 0.01$, Fisher's Exact Test). The results show that EPD is an effective method enabling children with food induced migraine to eat foods which had previously been identified as responsible for their symptoms. The results also indicate that food allergy is a possible mechanism of food-induced migraine.