

AIT for allergic asthma – the precision medicine approach

Transylvania University, Brasov, Romania

Ioana Agache

Observations from prospective, long-term trials and birth cohorts, better understanding of mechanisms (endotypes, epigenetics) and “cleverer” interventional trials focused on immune modulation have changed our understanding of asthma today. Asthma complexity and dynamics should be tackled using composite measures, longitudinal evaluation and an endotype-driven approach.

Allergen immunotherapy (AIT) for asthma should be integrated in the therapeutic armamentarium for type 2 asthma by specifically addressing this complex model of the disease.

Evaluating the mechanism for AIT specifically for allergic asthma is of paramount importance to understand why AIT is not equally effective in all patients and in for all allergens and to improve the safety profile with possible expansion of its indication beyond mild asthma. Personalized AIT based on molecular, immunologic and functional endotyping of asthma should be the final goal.

Reaching the decision for AIT in asthma depends on an accurate selection of the allergic asthma phenotype combined with a good assessment of diseases severity, control and future risk. Well characterised vaccines with proof of efficacy are recommended.

Further reading

1. Agache I, Akdis CA. *Allergol Int.* 2016 ;65(3):243-52
2. Jutel M, Agache I et al. *J Allergy Clin Immunol* 2016;137:358-68
3. Virchow C et al. *JAMA.* 2016;315(16):1715-1725