The future: Thinking ahead with BSACI

‘Grandfather of Allergy’ centenary

How treatment of asthma was revolutionised

BSACI Annual Meeting 2012 preview

BSACI ANNUAL MEETING 2012: Deadline for abstract submission 4 May

The deadline for applications to run a primary care allergy meeting has been extended to 8 May. BSACI members can apply for a bursary up to £2,000
WE’RE FIGHTING THE SAME FIGHT

I HAVE A SEVERE RESPIRATORY ALLERGY  I’M AN IMMUNOTHERAPY RESEARCHER

The biopharmaceutical company Stallergenes has been driving research and collaboration with the medical community for 50 years now and is at the forefront of allergen immunotherapy.
Welcome to a packed Spring issue. We are nearing the end of Glenis Scadding’s presidency and I’m sure you will all agree that she has been an inspirational and tireless leader. Tony Frew, our president-elect recently chaired a BSACI focus group attended by the current BSACI Executive and Council and a few additional members. We spent a couple of days brainstorming the vision for our Society for the next few years. Read Tony’s overview of the areas covered on p5.

Bill Frankland celebrated his 100th birthday with a whirl of parties including a very special dinner with the BSACI (p6). Another elder statesman of allergy, Dr Harry Morrow Brown, recently celebrated his 95th birthday. Read about how his research contributed to the development of inhaled corticosteroids for asthma (p8). Ellie’s Story (p18) is written by a young allergy sufferer and accompanied a recent letter to HRH Catherine, Duchess of Cambridge requesting her patronage of the BSACI. At the time of going to press, we have not yet had a response to our request, but Ellie’s moving story of living with allergy reminds us of the importance of ongoing research into allergy and improved access to allergy clinics and patient support organisations for allergy sufferers of all ages.

The various sub groups have all been very active (p12-15). Space constraints have meant limited space to detail all their activities, but the new BSACI website is nearing completion and one of the features will be updated groups sections with space for regular updates. We have incorporated many of your suggestions and will be asking for feedback from the wider membership once it is up and running.

This is my final editorial. I know that Allergy Update will continue to go from strength to strength under Lee Noimark, who takes over as editor from the Autumn issue. Please keep the stories coming!
Message from the President

Dear Members,

This is my last Presidential epistle as I shall be stepping down in July at the BSACI Annual Meeting. It has been a great privilege and a pleasure to serve you through some exciting times for BSACI: hosting the London EAACI meeting, finding a home for the Society, the outcomes of the House of Lords report and of the North West Allergy Centre, the centenary of immunotherapy and recently that of Bill Frankland, et cetera. My task has been made much easier by the BSACI staff, especially Fiona, our Chief Executive, who has kept us all in order for the past few years, Schola who undertakes the day to day minutiae and Pia who serves the Standards of Care Committee so expertly. The overnight departure of Ruvimbo, due to parental illness, was coped with by involving one Rosie Pearson, an English graduate, who just happens to be my daughter and who is holding the education and training fort for now.

There is still much to do - and as I write this I am preparing to attend a meeting on Special Allergy Services Commissioning tomorrow. Allergy is at risk of being ignored in the commissioning process so we need to ensure that what we do is both understood and appreciated. I am organizing a joint meeting on May 23rd with the Royal Society of Medicine to show where the allergy approach can benefit patients with urticaria, atopic and contact dermatitis, asthma and chronic rhinosinusitis. Please ask your local primary care personnel and commissioners to consider attending.

The BSACI is fortunate to have many hard working members who sit on subcommittees, organize meetings, contribute to guidelines, attend Council and contribute in many other ways, such as editing Allergy Update. The list of names would take up all my allotted space so I will just say a huge thank you to you all. Those who did not attend can read on p5 about our recent meeting to decide future strategy. For those of you who would like to become more involved, there are seven spaces on Council coming up so please consider standing for election.

BSACI members, or their relatives, have also been generous in other ways: we have the Jack Pepys lecture, the William Frankland award, the Barry Kay prizes, the future Morrow Brown lectures and recently were given a surprise bequest. In November last year, I received a letter from Japan, from Professor Kurimoto whose wife Yoko had been a member of the BSACI. Dr Yoko Kurimoto was a student at Brompton Hospital (on a British Council Visitorship in 1979) working for Professor Margaret Turner-Warwick. Her husband wrote to me of the fond memories they had of their study days here in the UK. When Dr Kurimoto returned to Japan from London she pursued immunotherapy, on retiring from her academic post she set up an asthma clinic. Sadly Dr Kurimoto died on 9th October, 2008. The reason for her husband's letter was that he wanted to donate £4,000 to the Society in her memory. This kind gift made me think about our future and how it could be stabilized by similar thoughtful bequests from members so I am going to write to all of you with the relevant information. Legacies to BSACI from its members would ensure that the Society's work in improving allergy care can continue for the foreseeable future. Please think about it.

My very best wishes to you all, especially to Tony Frew who will be taking over from me. I hope that he enjoys his three years as much as I have mine. I also hope to see most of you at what promises to be a classic annual meeting.

Ave atque vale,

Dr Glenis Scadding, President, BSACI
Thirty BSACI members met at Roffey Park near Horsham, in March, to review the state of the society and to consider our priorities for investment and development over the next three years. Over the winter all BSACI members were invited to send in their thoughts on the challenges facing the BSACI, and their ideas on how we can grow the society and its membership. We distilled the themes, and then we invited all those who had expressed their interest to come to the think tank to brainstorm the ideas and develop a strategy for the next presidential term. Over the course of Friday evening and Saturday morning, we reviewed each of the topic areas in small groups, and then fed back to each other and debated our priorities. The single highest priority we identified was the future commissioning of allergy services. We live in changing times and shall have to be flexible in our approach, but we agreed on the need for quality standards, and for NICE-compliant guidelines. The current drive for clinic registration and the development of specialist service definition sets will help, but it is clear that BSACI will need to be active in supporting its members up and down the country as the new commissioning arrangements evolve. Other topics that were discussed included how we can maximise the impact of BSACI guidelines and Standard Operating Procedures (SOPs), how to develop our relationships with other professional and lay organisations, how to capture the interest of health professionals in training, and how the BSACI can continue to develop as a multi-professional, multidisciplinary society. We reviewed the state of our website and our annual meeting, and finally we considered things that we do not currently do, but which might be attractive both to current members and potential new recruits. Now it is my job, with help from Fiona Rayner and the current officers, to distil all this into a strategy for the next three years - we will need to get going with some things immediately and others will come into play over the next few years. I would like to close by expressing my personal thanks to everyone who came to the think tank and contributed their ideas, and also to those who wrote in over the winter, but were not able to come to Roffey Park. I am really looking forward to serving BSACI as its president for the next three years: everyone's input and advice is invaluable, so please keep those ideas coming!
100 years young - many happy returns to Dr Bill Frankland

Whilst most people would probably prefer to have their birthday off work, Dr Bill Frankland remains as busy as ever advising on legal cases and writing case reports. Fortunately the “Grandfather of Allergy” still found time to celebrate his 100th birthday. Following a weekend of dancing and parties with family and friends, celebrations culminated with a stylish birthday dinner hosted by BSACI President Dr Glenis Scadding. On Monday 19th March, around 20 people gathered to wish Bill a very happy birthday. Guests included: Baroness Finlay of Llandaff, Professor Jonathan Brostoff, Professor Stephen Durham, Dr Pamela Ewan, Professor Gideon Lack, Dr Shuaib Nasser, Dr Harry Morrow Brown and Professor John Warner - all had two things in common: a passion for allergy and deep-seated respect and huge admiration for Bill.

As we entered, Bill personally greeted each of his guests and showed them the birthday card he had received from Her Majesty the Queen (one of the 108 he'd received to date!). Then following a drinks reception, the guests sat down to a three course meal, kindly sponsored by NeilMed and Stallergenes, in the elegant splendour of the dining room at Chandos House, London W1. After dinner, in the first of many speeches, BSACI President, Dr Glenis Scadding thanked Bill for his ceaseless work as a clinical allergist and as a scientist and founder BSACI member. She presented him with an engraved silver salver on behalf of the BSACI membership.

Celebrations were still going strong at 23:30 with Bill still chatting animatedly to his guests with an energy and vigour that far belies his years. As I left, I asked Bill his secret for a long and healthy life and Bill modestly replied that he had been “lucky”. Perhaps there is a clue in the words he used during his birthday speech: “One hundred years is a long-time and it is a great opportunity to look back, but also to look forward”.

Many more happy returns...

Birthday celebrations continued at a special centenary lunch held in Bill Frankland’s honour by the Anaphylaxis Campaign on 26 March attended by staff and trustees. Lynne Regent, Chief Executive Officer of the Anaphylaxis Campaign said; “We are delighted to be celebrating Dr Frankland’s birthday with him. Dr Frankland is a very important member of the Campaign as he has been instrumental in enabling clinicians and society to understand different types of allergies and treatments through many years of research”.

With staff and trustees of the Anaphylaxis campaign. 
Front row L-R: Tom Horwood Trustee, Vice-Chair, David Reading, one of the founders of the Anaphylaxis Campaign, Dr Frankland, Lynne Regent, CEO the Anaphylaxis Campaign and Tony Hines, Trustee, Chair.
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Reassuringly familiar for you and your patients
With the tremendous increase in allergies in recent years, a great many people have become familiar with steroid inhalers for asthma and hay fever. The story of how research in Derby prevented these inhalers, now acknowledged world-wide to be the greatest advance ever in the treatment of asthma and hay fever, from being thrown away as useless, is not widely known.

In 1956 a Medical Research Council trial decided that steroid tablets were not helpful in the treatment of chronic asthma. I just could not accept this because I had found steroids so dramatically effective, but could I prove the mighty MRC wrong? I decided to organise my own trial, but frustrated because the local laboratory repeatedly failed to find any eosinophil cells diagnostic of allergic asthma in the patients’ sputum I decided to look for myself. Using my old student’s microscope, I devised a sputum test which enabled me to distinguish in minutes between allergic asthma, with eosinophil cells which respond to steroids, and chronic bronchitis, which does not. The result of my trial, the first to show that only the wheezy patients with eosinophil cells in their sputum were helped by steroids, was published in the *Lancet* in 1958, but attracted no attention from the MRC or anyone else.

In 1968 the Midlands Asthma and Allergy Research Association (MAARA) was formed to support allergy research. In the same year the very first steroid inhalers were made by 3M in Loughborough for Allen & Hanbury, intending to treat asthma without the side-effects of oral steroids, by inhaling the steroid drug directly into the bronchial tubes. These aerosols were given to a hospital in Edinburgh for a clinical trial, but were found to be quite ineffective. By 1969 the makers had decided to stop the trials and throw the aerosols away when they became aware that I could select steroid responsive patients with my sputum test, and realised that the Edinburgh investigators might have been treating bronchitis, not allergic asthma. I was asked to give the very first steroid inhalers another chance, and in July 1970 began a trial in Derby, treating only patients with eosinophils in their sputum, and giving everyone a peak flow meter to produce hard evidence. From the start the aerosols were so obviously effective that within six months the makers decided to reprieve the aerosols and an extensive program of research began in Derby and elsewhere.

The dramatic results were announced at a European conference in France in October 1971, published in the *British Medical Journal* in 1972, and in 1973 for asthmatic children. These publications attracted world-wide interest, and other trials soon confirmed our results. Within a few years aerosol steroid inhalers (Becotide) were being used to treat asthma worldwide, especially as most patients dependent on steroid tablets to control their asthma could be transferred to Becotide instead, and all the side-effects would disappear. Only the most difficult asthmatics need continuous oral steroids today. Since then many effective inhaled steroid drugs have been developed, but Derby research led the way. The late Sir David Jack, who developed Becotide, the very first inhaled steroid, wrote to me in 2008 stating “without your help the introduction of inhaled steroids for asthma would have been indefinitely delayed”.

Dr Harry Morrow Brown, a stalwart of the BSACI, celebrated his 95th birthday in February 2012. He continues his aerobiology research and regularly presents his work at the BSACI Annual Meeting where, last year, he was awarded Honorary Life Membership of the Society.
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We very much hope you enjoyed the annual meeting last year. It was fantastic to have so many people involved - almost 600. We are very much hoping to build on this with our 2012 meeting. The theme for this year’s meeting is ‘New Frontiers in Allergy’ where sessions will be focussing on the latest developments in allergy diagnosis and management. We have tried to make the meeting more inclusive and have expanded the programme to include specific strands for basic scientists, clinicians, paediatricians, trainees, primary care and this year there will also be a dedicated programme for nurses as well as dieticians. We would like to give a big thanks to everybody who has contributed to putting together, what is probably our most ambitious programme yet. We have tried to include all the best of previous meetings - the unopposed poster sessions, grand rounds and reviews of the year and are delighted to be hosting some of the world’s most accomplished opinion leaders. We have also introduced some new elements. In our larger sessions we will be using the latest meetings technology, to allow you to text your questions live to the session chair, to ensure that everyone’s questions are answered. We have also introduced a new category of Barry Kay prizes for the best oral presentation, alongside the prize for best poster presentation.

The meeting will be held for the last time at East Midlands Conference Centre in Nottingham and remains very competitively priced. If you have not yet done so, you can register for the meeting and submit your abstract via the website http://bsacimeeting.org/. The deadline for abstract submission is 4 May 2012 and the early bird registration discount is available until 25 May.

We very much hope you come and join us and help make this our best meeting yet. All the details are at www.bsacimeeting.org
William Frankland Award 2012

Professor Stephen Holgate, a committed and enthusiastic supporter of clinical allergy for 30 years has been chosen to receive this years’ William Frankland Award. Stephen established the allergy clinical service in Southampton and later in Bournemouth and helped establish the David Hide Allergy and Asthma Centre on the Isle of Wight, later to become its Patron. He has been an active member of the BSACI throughout his career and was BSACI President during 1990-1993. He chaired the RCP review of Allergy Services with the release of its report in 2003 – Allergy: the unmet need: blueprint for better patient care which had a major impact in driving up government interest in improving allergy services. The RCP report was influential in informing a parliamentary Health Select Committee enquiry into Allergy Service Provision, a separate DH Report and culminating in the selection of Allergy for the House of Lords Science and Technology Committee enquiry, chaired by Baroness Finlay, at which Stephen gave evidence.

In 2003 Stephen initiated the National Allergy Strategy Group (NASG) jointly with Pamela Ewan, Allergy UK and Anaphylaxis Campaign and industry to drive forward an integrated approach for improved Allergy Care, in the UK. He is currently its President. He was a co-founder of the All Parliamentary Group (APPG) on Allergy which, along with the NASG, continues to promote improved services.

He has published in excess of 940 peer reviewed papers, 53 books and 452 book chapters and reviews. His citation H Factor is 120, is an ISI Highly Cited Researcher (since 1980) and between 1998-2009 was the 2nd most cited author in Europe in the Respiratory System.

Stephen will be presented with the William Frankland Award at this years’ BSACI Meeting on Wednesday 4th July at 9am in the main lecture theatre of East Midlands Conference Centre.

Jack Pepys Lecture 2012

Professor William Cookson has been chosen to give this years’ lecture at the BSACI Meeting. Bill is Professor of Respiratory Genetics at Imperial College London, Associate Head of NHLI and Campus Dean, Royal Brompton Campus. He was previously Professor of Human Genetics at the University of Oxford until 2004. He initially trained as a respiratory physician, and for the past twenty years has developed a research group devoted to understanding the genetic causes of asthma and eczema. He is currently co-ordinator of the GABRIEL Project, a Europe-wide investigation into genetic and environmental causes of asthma.

The lecture will be around the theme of this years’ meeting ‘New Frontiers in Allergy’. It will take place in the main lecture theatre at 4:00pm on Tuesday 3rd July.

Congratulations

The BSACI was delighted to learn that Professor Sir Mark Pepys was knighted for services to biomedicine in the 2012 New Year Honours list. Mark Pepys is the son of Prof Jack Pepys, founder member of the BSACI. Mark Pepys regularly attends the Jack Pepys Lecture, awarded to a person who has made an outstanding contribution to the understanding of allergic disease and one of the highlights of the society’s annual meeting.

Glenis Scadding commented ‘It was with enormous pleasure that I saw that Prof Mark Pepys’ outstanding work has been recognised by a knighthood. His father would be so very proud of him. It was an omission that he was not similarly honoured.’
The passing of the Health Care Bill means there will be a change to NHS services, with an emphasis on integrated care. Our challenge will be for representation at all levels to ensure allergy is recognised, as previously it has been low on the agenda and errors of omission lead to errors of commission.

We contributed to NICE consultations on the Quality Standards library, and to the process of development of this, alongside attending a number of meetings on the NHS changes.

Our session on Anaphylaxis at the RCPCH annual conference in Liverpool was well received and attended.

A number of primary care workers also visited the BSACI stand there to enquire about guidelines and information leaflets.

Dermot Ryan and I attended the Primary care task force meeting in Zurich. There will be a symposium at the EAACI Geneva conference on Sunday June 17th on allergy management in the primary care setting.

The primary care day at the BSACI Annual Meeting on Tuesday 3rd July is now finalised and many of our group will be there, as speakers or chairs, so do come along and meet us. Aziz Sheikh and Helen Smith will be doing a tour of the primary care posters, so please submit your abstracts. Feedback from last year’s regional meetings was very positive with case-based discussions, primary care facilitators, and practical demonstrations very popular.

Space constrictions have meant we have not been able to cover all our activities in this edition, but we will include these on the new website.

We welcome Rosie Pearson as our new administrator. We are also in the process of resetting our Google group so if you would like to re-join please let Rosie know. She can be contacted on Rosie@bsaci.org

The Paediatric Allergy Group (PAG) has been very active with regular meetings and members involved in a wide range of activities both within the BSACI, the Royal College of Paediatrics and Child Health and EAACI.

Mich Lajeunesse chairs the College Specialist Advisory Committee which oversees training in paediatric allergy, immunology and infectious diseases. The post of allergy training advisor has been advertised and is in the process of being appointed. Two new paediatric allergy training posts in London and Newcastle were interviewed for, with successful appointment of 2 trainees, from a strong list of candidates, to start at the Evelina Children’s Hospital in September 2012. Both will be working flexibly; the latest term is ‘less than full time training’, abbreviated to LTFT. The post at Newcastle will be re-advertised along with a post in Southampton to start September 2013.

The RCPCH Allergy Care Pathways have been published as a supplement to Archives of Disease in Childhood. http://adc.bmj.com/content/96/Suppl_2.toc#Originalarticles

Several members of the paediatric group were involved in the development of the pathways and we were also represented in the development of several NICE guidelines including Food Allergy, Omalizumab for Severe Asthma, Anaphylaxis and the Venom Allergy technology appraisal.

The PAG committee has completed a first draft of Standards for Paediatric Allergy Services. In the first instance, these will provide guidance for services in secondary care that are setting up allergy services. Once agreed, they will be circulated to the wider group for comment and information.

Nurses in paediatric allergy are represented in the group by Roisin Fitzsimons and Mary Feeny represents paediatric allergy dietitians. Prof Graham Roberts chairs the EAACI Paediatric section which recently organised a very successful Paediatric Allergy and Asthma Meeting (PAAM) in Barcelona. George Du Toit continues to do a sterling job with the BSACI-PAG newsletter. He is keen to move with the times and to use the immediacy of Twitter to disseminate group news. He has set up a ‘closed’ Twitter site: @BSACIPAG which allows him to screen who joins. Do join us!
Committee and group news

Update from the BSACI Standards of Care Committee (SOCC)

Pamela Ewan has led on a new guideline: ‘Prescribing an adrenaline auto-injector’ which will shortly be placed onto the BSACI website for consultation. All BSACI members are encouraged to view the draft and provide comments and critique, or even to express approval. We have found that this process greatly enhances the quality of the guideline following discussion by the Standards of Care Committee. The guideline discusses appropriate prescription and continued requirement for an adrenaline auto-injector as part of a package of specialist advice and care provided for patients at risk of anaphylaxis. As before, all BSACI members will receive an email alert as a reminder to consult. A new guideline draft on ‘Beta lactam allergy’ prepared under the leadership of Rita Mirakian will also be available for consultation soon. The penicillin audit undertaken by Thirumala Krishna and Alex Richter is nearly complete and will soon be published. A re-audit is planned following publication of the BSACI beta-lactam guideline to determine if and how the guideline has changed patient care. SOCC and BSACI guidelines have also contributed to the recently published NICE technology appraisal on venom anaphylaxis and clinical guideline on anaphylaxis. These provide guidance on who to refer for specialist advice and are a must-read, not only for BSACI members, but also for all health professionals involved in primary and emergency care settings.

Dietitians Group

The Food Allergy and Intolerance Specialist Group (FAISG) of the BDA now has 139 members. Dietitians working in the area of food allergy are now officially affiliated with the EAACI and the AAAAI. FAISG members have also been invited to speak at the International Congress of Dietitians and a member presented at the AAAAI 2012 meeting. A special meeting organised by the Dietitians Association of Australia and the Australian Society of Clinical Immunology and Allergy will be held in Sydney (September 2012), aiming to bring together dietitians interested in allergy across the world.

The diet sheet project is nearing the end with many food allergy related diet sheets written by dietitians across the UK, which have been peer reviewed and trialed by patients. FAISG have appointed a series editor to unify the information and the presentation of all the diet sheets. The first diet sheets based on managing the avoidance of wheat and cow’s milk will be sent to the BSACI for review once they are ready.

The information regarding dietitians on the BSACI website has recently been updated, please visit the dietitians section at www.bsaci.org
This is a packed issue, so with that in mind, I’ll have to be brief. First and foremost... is to welcome our two new committee members; Róisín Fitzsimons from St Thomas’ Hospital London and Brenda DeWitt from Leeds General Infirmary – welcome aboard!

We had our last group meeting only a couple of weeks ago and I am pleased to say that the auto-injector and intra-nasal Standard Operating Procedures (SOPs) are now written and will soon be doing the rounds for comments. Once finalised, these will be available on the website for everyone to use. We are aiming at providing a number of different SOPs for the members to utilise, so if you would like anything particular or indeed would like to help us with writing or sharing comments, then please feel free to contact me.

The BSACI 2012 Annual Meeting is around the corner and for the first time this year we have a nurses’ pathway to the conference which will take place on Tuesday 3rd July. We will also be holding another Nurses’ Network Meeting on the Tuesday evening at the end of the day for nurses to meet and share views and ideas with colleagues. It would be great to see you all there. Please see the website, www.bsaci.org for further details!

For comments or suggestions please get in touch. Janet.chantrell@uhl-tr.nhs.uk

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Living with allergy affects quality of life in numerous ways and all those attending had individual stories to tell of their own allergic journey.

Here are some of the comments which highlight the concerns:

“GP training in identifying allergies in children is an issue close to us. It took 12 months for several GPs and hospital A&E staff to identify our son’s allergy. We ended up having to go privately to get the treatment we required. It is a sad state that in order to receive specialist treatment one must be able to afford private healthcare.”

“There needs to be better planning for the forthcoming transition of large numbers of anaphylactic children into adult services within the next ten years.”

“Poor treatment leads to continuing illness and is not solving the problem.”

“Ignorance is the enemy, not the peanut.”

On February 22nd 2012 The National Allergy Strategy Group hosted a parliamentary reception in the House of Commons to raise awareness of the inadequate allergy services currently offered by the NHS. Hosted by Jo Swinson MP, the reception saw 80 people, children and adults, parents and those allergic themselves, who live with various allergies come together with medics and patient group representatives to highlight the issues important to them. Over half of the attendees had their MP or an MP’s representative come and meet them to hear directly how allergies impact on their lives and their concerns around inadequate allergy care across the UK. Many at the reception had never seen an NHS Allergy Consultant and had been living with potentially severe allergies for most of their lives with no support or management advice. Many more had not realised they were entitled to a much improved level of care to that which they currently receive and were encouraged by meeting others in a similar situation as well as the attending specialists and patient groups representatives.

For more information on the work of the NASG please visit www.nasguk.org or email Mandy East mandy@nasguk.org
Immunologists have training in allergy and currently provide a significant number of the clinical services in the UK. The Immunology subgroup committee reflects this role.

Dr Joe Unsworth, the founding chairman stood down in January and has been replaced by Dr Philip Dore and currently the committee is undergoing some restructuring.

**The Immunology Committee's role and aims are:**
- To provide input into the BSACI Executive and Council.
- To improve allergy and related immunology services in conjunction with the BSACI and BSI.
- To improve the impact and profile of allergy and immunology within the medical profession and encourage junior staff to look at these specialities.
- To increase the dual training of allergy and immunology trainees where appropriate.
- To take part in the annual BSACI conference providing immunological input.
- To encourage and develop links between immunologists and allergists.

The committee meets 3 times per year and is developing strategies on registration and accreditation of centres providing allergy services; allergy training of immunology junior staff; improving engagement of Immunology in Allergy services.

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**Trainees Update**

Our last two BSACI training days for Allergy, Immunology and Paediatric registrars took place in London (Imperial College and Royal National Throat Nose and Ear hospitals). The day at Imperial College focussed on Paediatric Allergy and covered topics in a fun and interactive way. These included a ‘messy play’ demonstration of topical eczema treatments and a quiz to guess the ingredients of various milk, egg and wheat free cakes. At the RNTNEH we had teaching on the detailed assessment of patients with rhinitis. This day also included the demonstration of investigations such as acoustic rhinometry. I would like to thank Dr Gore and Dr Scadding for organising these days which were enjoyed by all the trainees. We look forward to our next BSACI day in Sheffield on 18 May.

At the annual meeting in July, Immunology and Allergy trainees from Sheffield, Manchester and Cambridge will be presenting at the Adult Allergy Grand Round. So please come along and join in with the case discussions!
3rd Allergy Awareness Afternoon
13 October 2011, Ipswich

Once again this biannual event highlighted The Ipswich Hospital's understanding in the importance of allergy and how it affects our community. Lectures demonstrated the need to treat this progressive and potentially debilitating disease, preventing and reducing progressive and potentially destructive inflammatory processes which considerably reduce an individual's quality of life.

The theme this year was immunotherapy with a particular slant toward pollen desensitisation.

World renowned key speakers from London's Royal Brompton Hospital headed the lectures. Professor Stephen Durham, Consultant Physician in Allergy and Respiratory Medicine discussed immunotherapy for desensitisation to allergens and Dr Isabel Skypala, Dietitian and Head of Rehabilitation and Therapies, discussed food and pollen cross reactions causing Oral Allergy Syndrome.

Dr Bhupinder Sihra, Consultant Paediatrician from Colchester, shared his very successful experience of using sublingual medication (GRAZAX), for grass pollen desensitisation in children.

Local speakers Mr Matthew Yung Consultant ENT Surgeon and Dr Nick Innes Consultant Respiratory Physician, gave superb complementary lectures highlighting the concept ‘one airway one disease’ explaining optimum treatment and the importance of topical corticosteroid use in both the upper and lower parts of an allergic airway. The importance of the nose was noted, it was a moment our BSACI chair Glenis Scadding would be proud.

As organiser, I chaired the meeting and also presented a poster on pollen counting, hayfever and the results of the 2011 pollen counting season for the Ipswich Pollen Monitoring Site.

The event was funded through a Bursary from the British Society for Allergy and Clinical Immunology (BSACI) along with other pharmaceutical sponsors. It was also awarded 5 CPD points from the Royal College of Physicians acknowledging the value of the session and event for all attendees.

Janette Bartle,
Allergy Nurse Specialist (ENT)
Pollen Monitor, Ipswich Hospital

Big Changes at Allergy UK

There have been some big changes at Allergy UK over the last year. After 14 years as Chief Executive, Muriel Simmons has stepped down and become the chair of the board of trustees. Jim Bennett is the new CEO, and with a background in healthcare charities, we are looking forward to him taking us from strength to strength.

A recent initiative has been the appointment of a new Health Advisory Board, chaired by Adam Fox. The board helps ensure the accuracy of the information we use on our website, patient leaflets and on our helpline. We are delighted that the board includes so many prominent BSACI members and is a great illustration of how the 2 organisations can work together. We have also put a lot of effort into a new website which will go live during National Allergy Week 23rd April.

You may also be aware that in the past Allergy UK had supported IgG testing for food intolerance. This was based on the strong message we received from patients that they found the tests helpful. However, we are committed to supporting scientifically validated, evidence based medicine and as the anecdotal reports have not been followed by the scientific evidence we have hoped, the trustees recently agreed that Allergy UK should no longer support any tests for food intolerance. This will mean that we will no longer highlight these tests to helpline callers or on our website and will have no further commercial ties with the companies that offer the tests. Our new position statement will be available on our website.

One thing that hasn't changed at Allergy UK is our commitment to allergy sufferers. Our helpline is busier than ever and we continue to use rigorous protocols to quality assure products for allergic consumers such as vacuum cleaners and dust mite proof bedding. We also continue to work actively with the NASG to get a better deal for allergy sufferers from the NHS. Our aim is to bring Allergy UK closer to BSACI so we can explore new and innovative ways of working together for the benefit of patients.

Adam Fox, Chair, Health Advisory Board, Jim Bennett, Chief Executive, Muriel Simmons, Chair of Trustees
My parents tell me I was a long awaited child and even when I was due to be born they had to wait two more weeks for me to be born on the 22 January 1997.

The biggest problem in my infant years was my allergies. When I came of an age to be weaned onto solid food I became increasingly ill, everything my parents tried to feed me would make me ill. I refused to eat anything for fear of being more sick. It became so serious my parents had to force feed me.

I was diagnosed with allergies to almost everything other than rice, peas and lentils.

As a young child I remember the hardest things being parties and the park in summer. You may wonder why the park in summer is worse than any other time of the year, but with summer comes young, clumsy children with ice creams. Deadly dairy ice creams! I remember when my mum and I did go to the park we would have to take wet wipes with us to wipe things down before I went on them, even that wasn't enough. Parties were also hard because of the food and parents were often worried about my safety so made the decision to keep me completely safe by not inviting me!

As I have grown up I have grown out of most of my allergies, but the egg and dairy allergy still remains lethal. In many ways I had to mature more quickly than others in my age group - as soon as I learnt how to read I was checking the ingredients on foods. Now I am a teenager I have more freedom because I know how to administer any necessary medication and I know how to say "no" in a situation when I feel my health is threatened. Eating out in restaurants isn't impossible but I find it very embarrassing when I have to ask for the ingredients to anything I would like to eat, and sometimes the food that is safe is very limited.

A few years ago I was bullied because of my allergies, when a girl threatened to put a yoghurt pot, with some yoghurt still in it, on my school desk and then went on to mock me by saying "she'll go 'oh I can't touch it, I can't touch it'". Little did she know I was standing right behind her! This particular girl also put a half-eaten chocolate roll on my desk, while I was standing there. When I confronted her she said "I thought it was yours", knowing full well that I couldn't touch it. We told my specialist and he told us it was very common for people to put peanuts into peanut allergy sufferer's blazer pockets. I also met a boy who was pinned down while the boys tried to force feed him nuts and chanted "now you're going to die", thankfully they had got hold of the wrong nuts and he didn't go into shock.

Looking forward I am worried about my first kiss and about children, if they will have allergies or will I make them ill by not giving them egg or dairy. But on the flip side having allergies is a great excuse for not kissing a boy!

I know there are desensitising programs you can go on but this involves having a very small quantity of the allergen introduced into your diet until you can cope with larger and larger amounts until you are hopefully rid of the allergy. But my allergies are so severe I can't have any egg or dairy at all, in fact my grandma stirred my tea with her spoon which had a very small amount of milk on it and that was enough to send me into anaphylactic shock.
Dr Frederick E Hargreave

Dr Frederick E Hargreave (‘Freddy’ as he was known internationally) passed away suddenly aged 72 on June 15th 2011. He was Professor Emeritus of Medicine in the Division of Respirology at McMaster University, Canada. He was born in Hong Kong. He completed his medical training at the University of Leeds. He was one of Jack Pepys’s first clinical fellows at Brompton Hospital. Together with Joan Longbottom in 1967 they described bird fancier’s lung an example of extrinsic allergic alveolitis.

Freddy moved to McMaster University in 1969 and over the ensuing 40 years he changed the way we think and feel about asthma. Together with Don Cockcroft and Elizabeth Juniper he described and validated the measurement of airway bronchial responsiveness using histamine and methacholine inhalation testing. He described a method for allergen inhalation challenge and the relationship between late asthmatic responses and changes in airway responsiveness. He subsequently described and validated a method for obtaining sputum and measuring cell counts in sputum in order to assess airway inflammation in asthma and inform treatment decisions. These discoveries remain international gold standards in the diagnosis and management of asthma. Their robustness, validity and ongoing clinical relevance are a testament to Freddy’s exceptional research skills, his impeccable integrity and above all his devotion to his patients to whom his research was always directed. Freddy was recipient of the BSACI Jack Pepys Lectureship in 2004.

According to Dr Parameswaran Nair, his colleague of 16 years at McMaster ‘The BSACI was Freddy’s favourite medical society. He looked forward each year to the summer meeting – more recently, he had cancelled his membership of the ATS, ERS and AAAAI, but kept his BSACI membership active. It was almost like a coming home feeling for him. Freddy never held any official titles and he did not care for them. He tried his best to avoid administrative responsibilities as he and his good friend Jerry Dolovich believed (and quite correctly) that these would distract them from their research and patient responsibilities. Freddy was very enthusiastic about rugby, his Taunton school, jazz, Canadian art and painting (particularly the Group of Seven and their museum in the village of Kleinburg just north of Toronto)’.

For me and for the many research fellows that he has inspired, Freddy is the quintessential role model of a dedicated clinician and clinical scientist and a wonderful human being. Our deepest sympathy goes to his wife Alix and his children Clare, Erica and Peter and his grandchildren. Freddy was a much loved member of BSACI. Stephen Durham

Professor Andrzej Szczeklik

Professor Andrzej Szczeklik, distinguished scientist, dedicated physician, active member of the EAACI and friend of many in the BSACI, died unexpectedly 3 February 2012 in Krakow, Poland, at the age of 73.

After graduating from the University of Krakow and carrying out his internship in the USA, Professor Andrzej Szczeklik worked for several years in the Academy of Medicine in Wroclaw. Between 1990-1993 he became Rector of the Copernicus Academy of Medicine in Krakow. Then, in 1993, he was elected Vice-Rector for Medical Affairs of the Jagiellonian University in Krakow, where he was professor and chairman of the Department of Medicine since 1989.

His main research focused on aspirin-induced asthma, cardiopulmonary disease and eicosanoids involved in their pathogenesis. He was the first to propose in 1975 “a prostaglandin hypothesis” linking the pathomechanism of hypersensitivity to aspirin and other NSAIDs with inhibition of cyclooxygenase and with abnormalities in arachidonic acid metabolism.

Professor Andrzej Szczeklik received several international awards including the First Prize of “The Lancet” for reporting on genetic polymorphism of leukotriene C4 syntase, the scientific prize of the Royal College of Physicians in London, the American Academy of Allergy, Asthma and Immunology “Robert A. Cook Memorial Lectureship” and the “Clemens von Pirquet Award” of the EAACI. Author and co-author of near 600 papers, Professor Andrzej Szczeklik published in several international medical journals such as NEJM, Nature, JACI or The Lancet.

In addition to his excellence in medicine he was also a man of broad talents: he played piano, painted and wrote essays. He published two very well received books “Catharsis: on the art of medicine” and “Core” (both translated to several foreign languages) trying to find a deeper, more spiritual meaning in the practice of medicine. Professor Andrzej Szczeklik has left us all with memories of his great personality and accomplishments that will never be forgotten.

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World Allergy Congress
Cancun 2011

Attending the Congress was a fantastic learning experience. There were over 3,500 delegates from 85 countries all of whom sharing the same interests, so travelling there alone was not an issue. There were more than 250 sessions over the course of five days including poster symposiums, workshops, new horizon sessions and debates. The debates were excellent. Particularly entertaining was the debate entitled Environmental Control for Allergic Diseases; Does it work? With Professor Thomas Platts-Mills from the US trying his best to defend environmental control measures, but did not really stand much of a chance against Professor Adnan Custovic from the UK. In the evenings, network events had been organised giving the opportunity to mingle with many of the top authors in allergy in the world. I now have contacts in Australia, Brazil, Japan, USA and Germany!

I would like to thank the BSACI most sincerely for the generous funding. I would urge anyone who has completed a piece of research, to submit an abstract to one of the international scientific meetings. Rebecca Bryson received a BSACI Travel Fellowship Award to present an abstract at the WAC. Details of how to apply for this award are on the BSACI website: www.bsaci.org

Rebecca Bryson,
Paediatric Respiratory Nurse Specialist, Wirral University Teaching Hospital

Allergy Training Days for Trainees

The BSACI’s series of SpR Training Days and workshops have proved to be a continuing success. Allergy Trainee Dr Helen Brough commented that “The BSACI training days are an excellent source of practical and evidence based learning. I have changed my clinical practice due to lessons learnt on these training days on many occasions.”

Helen’s highlights of the last SpR Training day, held by Dr Glenis Scadding at the Royal National Throat, Nose and Ear Hospital in February, were “sessions on chronic rhinosinusitis, OME and practical sessions on eNO, acoustic rhinometry and rhinomanometry.” Dr Brough also praised the event for being relevant and interesting for adult and paediatric trainees’ alike, saying “I would encourage all trainees to attend these teaching days as they are of a truly excellent standard.”

SpR Training Days cost £100 for non-members and are free for BSACI members. The next training day takes place at The Northern General Hospital, Sheffield on the 18th of May and will be held by Dr William Egner. Please contact Rosie Pearson at rosie@bsaci.org, or on 0207 501 3914, to register for the event.

We would like to say a special thank you to Melanie York for putting together a three year programme for BSACI training days which will cover aspects of the allergy curriculum along with centres who could undertake these.

The AAAAI Meeting took place 2-6 March in Orlando, Florida. The meeting was fantastic with a full 5-day program of all the latest research and advances in the field. Congratulations to Dr James Stern (Chair) and the organising committee for a successful meeting.

The conference highlights included the Presidential Plenary: Next Generation Science. The plenary showcased outstanding research findings from junior researchers in allergy and immunology.

There were keynote lectures on:
• Communicating science to the public and the approaches of dealing with medical misinformation
• Environmental impacts on asthma: how pollutants affect childhood asthma and sensitisation to chemical allergens
• New concepts into the pathophysiology of anaphylaxis
• Mechanisms of asthma and antibodies which provoke disease and induce tolerance
• How epithelial cells have active role in the initiation, regulation and resolution of immune responses
• Oral immunotherapy for the treatment of food allergy.

The International Collaboration in Asthma, Allergy and Immunology (iCAALL) was launched at the conference after recognising the need for consensus-driven information and general recommendations. Participating in iCAALL are the American Academy of Allergy, Asthma & Immunology (AAAAI), the American College of Allergy, Asthma & Immunology (ACAAI), the European Academy of Allergy and Clinical Immunology (EAACI) and the World Allergy Organisation (WAO).

James Gardner is the EAACI JMA Board Member for Allied Health.

James Gardner,
Paediatric Allergy/Asthma CNS
Royal Free Hospital, EAACI JMA Board Member for Allied Health

Our President at the WAC, Cancun.
THE COMPANIES ACT 1985

NOTICE CONVENCING ANNUAL GENERAL MEETING of the
BRITISH SOCIETY FOR ALLERGY & CLINICAL IMMUNOLOGY

NOTICE IS HEREBY GIVEN that the 2012 Annual General Meeting of the company will be held in the Conference Theatre at East Midlands Conference Centre, Nottingham, UK on Tuesday 3rd July at 8:30am to consider and, if thought fit, to pass the following resolutions of which resolutions 1 to 2 (inclusive) will be proposed as Ordinary Resolutions.

ORDINARY RESOLUTIONS
1. To appoint the Auditors
2. To transact any ordinary business of the company

BY ORDER OF THE BOARD

Professor Adnan Custovic
Honorary Secretary

Dated: April 19th 2012
Registered Office: Studio 16, Cloisters House, 8 Battersea Park Road, London SW8 4BG
Note: A member entitled to attend and vote at the above meeting is entitled to appoint a proxy to vote instead of themselves. A proxy need not be a member of the company.

BSACI Regional Primary Care Allergy Training Days 2012-13

The BSACI have secured sponsorship for a new round of Primary Care Allergy Training Days based on the success of this year’s regional meetings. Meetings have taken place all over the UK, from West Lothian to Plymouth, and feedback from the events has been overwhelmingly positive with nearly 100% of attendees saying they would recommend the allergy day to a colleague.

The Allergy Training Days attract a range of Primary Care workers, including General Practitioners, Health Visitors and School Nurses as well as Dermatology and Paediatric specialists, and form an important part of the BSACI’s initiative to improve allergy standards within the health sector.

After the training day we ask each centre to complete an evaluation form and return it to us. The results are analysed to help us build a better understanding of the allergy knowledge of the delegates both before the training and as a result of their training. Overall the feedback we received has been about the increase in confidence when taking appropriate histories and knowing when to refer a patient on.

Turnout on the days has also been impressive with some meetings having to cap attendance due to high levels of interest. The varied and stimulating programmes designed by those dedicated to organising these training days, so far, have been a great success, educating delegates on areas such as Urticaria, Eczema, Food Allergy and Allergic Rhinitis as well as providing practical demonstrations of Allergy testing and treatment.

This year a bursary of up to £2000 is available to centres wishing to host a training day. Applicants are judged on the merit of their submitted programme and the BSACI hopes to provide funding to around 20 centres.

This round, the BSACI would like to thank the renewed sponsorship of Mead Johnson Nutrition and GlaxoSmithKline and to welcome, our new sponsor, Stallergenes. The Allergy Training Days could not go ahead without the generous support and cooperation of these organisations.

If you are interested in organising a Primary Care Allergy Training Day further details on how to apply and an application form can be obtained from Rosie@bsaci.org or visit our website www.bsaci.org

The deadline for applications to run a primary care allergy meeting has been extended to 8 May. BSACI members can apply for a bursary up to £2,000
Travel Fellowships and Bursaries

Stallergenes (UK) Limited Travel Fellowships
Stallergenes have kindly offered to provide support for BSACI Junior members who wish to attend a meeting where their abstract has been accepted.

How to apply!
Applicants must indicate which scientific meeting they wish to attend and should send:
- A covering letter
- A brief curriculum vitae
- The abstract of the poster that has been accepted
- A supporting letter from their Head of Department confirming the applicants attendance at the relevant meeting is appropriate and authorised.

Danone Baby Nutrition Bursary
Danone Baby Nutrition are also supporting BSACI members by offering a bursary of up to £400 to any Junior or Allied Health Professional member (including nurses and dieticians) who have submitted an abstract to the BSACI Meeting 2012 in Nottingham which has been accepted. If you wish to apply for a Danone Baby Nutrition Bursary please send a covering letter and a CV together with a copy of the accepted abstract. NB: Only those that have not applied for other Fellowships or Bursaries to attend meetings through the BSACI will be considered.

Please email applications to Fiona@bsaci.org

BSACI Travel Fellowships
BSACI offer up to £1,000 to attend international meetings.
To be eligible those applying must send the BSACI a copy of the accepted abstract.

Applicants should indicate which scientific meeting they wish to attend together with:
- A brief curriculum vitae
- A supporting letter from their Head of Department confirming attendance at the relevant meeting is appropriate.

Successful applicants are required to submit a brief report of their attendance at the meeting, within 3 months of attending.

Further details, including submission deadlines for specific meetings, can be found on www.bsaci.org or by calling the BSACI Office on 0207 501 3910.

The BSACI Office
BSACI, Studio 16, Cloisters House, 8 Battersea Park Road, London SW8 4BG
E-mail: info@bsaci.org  Tel: 0207 501 3910  Fax: 0207 627 2599

BSACI Staff:
Chief Executive: Fiona Rayner (Fiona@bsaci.org)
Research Officer: Pia Huber (Pia@bsaci.org)
Finance and Administration Manager: Schola Muhoro (Schola@bsaci.org)
Training and Education Coordinator: Rosie Pearson (Rosie@bsaci.org)

www.bsaci.org

DIARY DATES
See www.bsaci.org for further details, meetings and courses

Meetings
16-20 June 2012
EAACI 2012
Palexpo, Geneva, Switzerland.
www.eaaci2012.com

2-4 July 2012
BSACI 2012
East Midlands Conference Centre, Nottingham
www.bsacimeeting.org

5-6 July 2012
BTS Summer Meeting
York Racecourse, York
www.brit-thoracic.org.uk

Courses/one day meetings
23 May 2012
Royal Society of Medicine (RSM) London ‘Who needs an Expert Allergist’
www.rsm.ac.uk/academ/cac03.php

Allergy Academy Courses
BSACI Junior members and trainees go free! All other BSACI members are entitled to a 20% discount.
www.Allergyacademy.org

A calendar of international meetings can be found on www.worldallergy.org/allergy-meetings/ and www.eaaci.net/activities/international-event-calendar.html
We’re not first choice in CMPA management, but here’s why we should be

We are the only extensively hydrolysed whey protein formula, with whey being shown to be more palatable than casein-based hydrolysates\(^1\), which may aid weight gain.

We are the only extensively hydrolysed formula containing a mixture of prebiotic galacto- and fructo-oligosaccharides (GOS/FOS), shown to reduce the incidence of infections up to 2 years of age when fed for the first 6 months of life\(^2\).

We are the only extensively hydrolysed formula for cows’ milk protein allergy (CMPA) including a combination of long chain polyunsaturates (LCPs), for the development of a baby’s brain, nervous system and eyes\(^3\)–\(^6\), and nucleotides; the building blocks for cells in the body, including the immune system\(^7\)–\(^8\).

The Aptamil Pepti range is available to order under medical supervision as follows: Milupa Aptamil Pepti 1 (allergy) 400g: 346-5689, Milupa Aptamil Pepti 1 (allergy) 900g: 346-5671, Milupa Aptamil Pepti 2 (allergy) 900g: 359-7002

For further information please visit our HCP website aptamilprofessional.co.uk or call our helpline 0800 996 1234

IMPORTANT NOTICE: Aptamil Pepti 1 & 2 should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Aptamil Pepti 1 is suitable for use as the sole source of nutrition for infants from birth to 6 months of age. Aptamil Pepti 2 is suitable for babies over 6 months as part of a mixed diet, and as a principle source of nourishment with other foods.