Patient Voices

Under the leadership of Kari Nadeau, MD, PhD, our Center has treated more than 700 patients over the last three years. From multiple food allergen oral immunotherapy trials to the development of new diagnostic tools, Stanford leads the way in allergy research.

The magnitude of Stanford’s contributions to allergy research is perhaps best expressed through the voices of the patients themselves. Below is a sampling of their answers to the question:

**How has your life changed since completing an allergy trial at Stanford?**

**Maya, 10 years old, Northern California**
peanut, pecan, walnut, cashew

“I don’t need to be cautious about every single thing I eat anymore. I can eat treats at school, birthday parties and restaurants now. I feel less anxious about having a reaction and getting sick. And I no longer need to worry about eating products that have traces of nuts.”

**Rhys, 9 years old, Northern California**
peanut

“I am not as scared of people eating peanuts near me. I got to eat a Reese’s Peanut Butter Cup! We’ve been able to have more peanut products in the house for my older brother and parents to eat.”

**William, 10 years old, New York**
peanut, almond, cashew, milk, egg

“We can travel without having to set up a kitchen and we can eat in restaurants. I can go to parties and have the birthday cupcakes at school. My life is better. I am growing more. I am healthier.”

**Alex, 10 years old, Northern California**
peanut, cashew, walnut, hazelnut, pecan

“I know that I’m going to be safer and I won’t have to worry about dying. It’s entirely life changing. I can go to sleepovers, parties, and school without being worried about what my friends are eating. And my mom and dad can relax a little too! My life has been so affected by the trial that for my 4th grade science project on scientists, I chose to do mine on Dr. Kari. To me, she’s a hero!”
Megan, 13 years old, Northern California
milk, egg, soy, peanut
“I am safer now being around people eating food. It is easier now to go to a restaurant and not have to pack my own food. Cross-contamination is not an issue anymore. I don’t have to worry now if someone spills some food on me that I am allergic to. I feel so lucky that I was able to be in a food allergy trial at Stanford and my life has changed for the better.”

Mikayla, 7 years old, Northern California
peanut
“I got to go to Baskin Robbin’s. My favorite part is eating ice cream from ice cream shops! My mom worries much less about accidental exposure. There were many things that I couldn’t have because it was made in a facility with nuts. My parents say that the time and work in the trial is worth it to have the peace of mind.”

“Everything has changed for me and for my family. I can eat in restaurants and stay at my friends’ birthday parties. I am safe wherever I go. It was never about wanting to eat a food. I just wanted to be safe being near it. Now I eat it and I stay safe. My mom says I now have a normal life.”

Nick, 16 years old, New Jersey
milk, egg, peanut, almond, walnut
“It’s taken a complete 180º turn. I have less anxiety, more freedom, and can participate in things I would normally avoid. Now I’m not fearful of the foods I eat. The food allergy trial changed my life and I’m grateful every minute for it.”

Logan, 11 years old, Central California
peanut, pecan, cashew
“I no longer have to worry about being accidentally exposed to peanuts. I feel less anxiety and so much more freedom. I got to eat Thai Food without worrying about possible peanuts being in the food. I loved it!”

Olivia, 12 years old, Southern California
walnut, pecan, peanut, cashew
“I can travel, eat at restaurants and have sleepovers. My life has changed immeasurably. I don’t feel different now when I go to school parties or gatherings where food is involved.”

Megan, 13 years old, Northern California
milk, egg, soy, peanut
“I am safer now being around people eating food. It is easier now to go to a restaurant and not have to pack my own food. Cross-contamination is not an issue anymore. I don’t have to worry now if someone spills some food on me that I am allergic to. I feel so lucky that I was able to be in a food allergy trial at Stanford and my life has changed for the better.”
Alex, 8 years old, Northern California
egg, peanut, cashew, pistachio

“I can now eat lots of different foods like brownies, cakes, pies, ice cream, Chinese food and a bunch of other foods that I love. I feel safer now at school because lots of people in my grade eat peanut butter. I get to go to lots of different places that I couldn’t go to before because people eat nuts and touch a lot of things. I feel safer now that I’ve been in the study.”

Nicole, 14 years old, Northern California
peanut

“My life has changed in so many ways that I never thought possible since completing the trial. I can have dinner at a friend’s house without their parents being worried sick that the food might have touched peanuts. I recently walked in a cupcake store knowing I could choose any cupcake on display to eat. This was a very empowering experience. Since then I have had countless memorable experiences trying new foods for the first time. I have the confidence to try new foods knowing that I will not have an anaphylactic reaction.”

Parker, 11 years old, Northern California
milk

“I feel much safer now than I did before the study. Now I can go to birthday’s parties with pizza and be safe. Though I do not eat the pizza, I feel safer sitting next to it. The food allergy doctors and nurses at Stanford are so good that I learned a lot about my allergy and I wasn’t nervous any more.”
Nico, 8 years old, Northern California
milk, walnut, peanut, cashew

“When I go to birthday parties, I don’t have to bring my own cheeseless pizza and special cupcake. I can eat the cake and a slice of pizza. When we eat at a buffet or restaurant, my parents don’t need to talk to the chef to see what is safe. Now I can eat at any restaurant. I can go to a summer camp where we go camping for one night now. I couldn’t do it before because I might be exposed to an allergen and it wasn’t safe.”

Yuuki, 13 years old, Northern California
milk, peanut

“I don’t have to be too stressed out about avoiding peanuts and milk. It is okay if I eat just a little bit accidentally. Since completing the trial, I have now become less stressed about whether certain foods contain milk or peanuts, and I am able to eat milk-contaminated foods. I don’t have to worry so much about things like food at the theaters or people who have touched milk or peanuts accidentally touching me.”

Matthew, 15 years old, Illinois
wheat, rye, oat, and barley

“My life has changed because now I can eat peanuts and eggs. It makes me feel safer when I eat something with peanuts. My mom is happy because she can send me off to play dates or out of school activities without fear. She says we can also now go out as a family to more adventurous restaurants (Chinese, Malaysian, Thai, etc.) where there are often peanuts in the ingredients. And, according to my mom, my confidence has grown.”

Ryan, 11 years old, Northern California
peanut, egg

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Jake, 6 years old, Southern California
cashew, walnut, peanut, hazelnut, pecan

“It is good! I get to go on play dates without my mommy and I get to eat different foods. My favorite food experience is ice cream or yogurt with lots of toppings. I used to have to bring my own sprinkles. Joining a food allergy trial at Stanford is worth it.”

James, 12 years old, Southern California
wheat, rye, oat, and barley

“I no longer have to worry about cross-contamination at a restaurant; going out with friends, or being far from home. The trial has helped me to live a better, more relaxed, happy, and adventurous life. It has opened up boundless opportunities. Dr. Nadeau and her team are changing the world.”

Matthew, 15 years old, Illinois
wheat, rye, oat, and barley

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