Division Introduction

The Division of Allergy and Immunology in the Department of Internal Medicine (IM) was founded in 1979, and in 2003 the Division of Pediatric Allergy and Immunology in Pediatrics was created. While administratively separate, the two Allergy and Immunology divisions function as one, blending teaching, clinical, and research under the direction of Rebecca Gruchalla, M.D., Ph.D.

Patient care and clinical activities are based at the Asthma, Allergy and Immunology, and Immunodeficiency Clinics at Children’s Health, Parkland Memorial Hospital and the James W. Aston Ambulatory Care Center, where division faculty provide comprehensive evaluation, diagnostic, and management services for children and adults, respectively, with allergy, asthma, and immunological disorders.

Faculty members participate in both clinical and basic science research efforts. As both a clinical and mechanistic site in the National Institutes of Health (NIH) Inner City Asthma Consortium (ICAC), the Division continues to expand research efforts in pediatric asthma. It also collaborates with various basic scientists on campus.

The Division has one of only 71 ACGME-accredited programs for fellowship training in allergy and immunology. Division faculty also provide the major instruction to pediatric and internal medicine residents in the evaluation and management of children and adults with allergic diseases, asthma, and immunodeficiency diseases.

Faculty

Allergy and immunology spans both Pediatrics and IM, with four pediatric-based and three internal medicine-based faculty who are all certified by the American Board of Allergy and Immunology, clinically active, and firmly committed to clinical teaching. Volunteer faculty members in private practice also participate in our clinical and educational activities.
Honors / Awards

Rebecca Gruchalla

- Best Doctors in Dallas, D Magazine
- Texas Super Doctor, Texas Monthly

Drew Bird

- Mom-Approved Doctor, Dallas Child
- Best Pediatric Specialists, D Magazine
- Texas Super Doctor, Pediatrics, Texas Monthly

Maite de la Morena

- Best Pediatric Specialists, D Magazine

David Khan

- Best Doctors in Dallas, D Magazine
- Texas Super Doctor, Internal Medicine, Texas Monthly

Invited Lectures

Andrew Bird

- Seminar, American Academy of Allergy, Asthma, & Immunology Annual Meeting, Atlanta, GA, March 2017
  - “Implementing LEAP Criteria: Practical Aspects of Infant Food Challenges in the Office”
- Texas Allergy, Asthma and Immunology Society, San Antonio, TX, April 2017
  - “Is the Proof in the Pudding? Update on Novel Treatments for Food Allergy”
- American College of Allergy, Asthma and Immunology Meeting, Boston, MA, October 2017
  - “Epicutaneous Immunotherapy for Treatment of Food Allergy”
“From Diagnosis to Potential Future Oral Immunotherapeutic Options: Understanding the Burden and Risk of Avoidance in Peanut Allergy”

“Eosinophilic Gastrointestinal Diseases”

Christopher Parrish

- Eosinophilic Family Coalition, Dallas/Fort Worth Chapter, Dallas, TX, January 2017
  - “Care for Patients with EoE from an Allergist’s Perspective”
- Parkland Health & Hospital System Population Health Quarterly Forum, Dallas, TX, February 2017
  - “Food Allergy for Primary Care Providers”
- 21st Annual Texas Allergy, Asthma and Immunology Society Primary Care Residents’ Conference on Allergy, Asthma & Immunology, Austin, TX, September 2017
  - “IgE-mediated Food Allergies”

Min Jung Lee

- Internal Medicine Grand Rounds, Texas Health Presbyterian Hospital, Dallas, TX, February 2017
  - “Mast Cell Disorders”
- Pediatric Grand Rounds, Children’s Health, Dallas, TX, February 2018
  - “Mast Cells: From Allergies to Disorders”
- 49th Annual Kenneth C. Haltalin Pediatrics for the Practitioner, Irving, TX, April 2017
  - “Common Allergy Topics in Children: Food allergy, Eczema and Penicillin Allergy”

Maite de la Morena

- Immunodeficiency Foundations (IDF). National Conference Anaheim, CA, June 2017
  - “Hyper IgM syndromes”
- Clinical immunology Society (CIS) Updates in PID for the Practicing Clinician Anaheim Marriott, Anaheim, CA June 2017
  - “Vaccines and PIDD Diagnosis”
- V LASID Meeting, Sao Paulo, Brazil, October 2017
  - “CD40Ligand Deficiency: Long Term Outcomes”
  - “Defects in Isotype Switching. How I Treat.”

Conference Presentations


Poster, American Academy of Allergy, Asthma and Immunology, Atlanta, GA, March 2017
“At-home Dosing Adherence During Characterized Oral Desensitization Immunotherapy (CODIT) for Peanut Allergy”

Education and Training

The Division of Pediatric Allergy and Immunology is committed to providing quality medical education for medical students, residents, and fellows. It has an active fellowship program and also provides inpatient and outpatient opportunities for residents and medical students.
Fourth-Year Medical Students

Pediatric Allergy and Immunology offers a fourth-year clerkship for medical students. This course provides an in-depth exposure to pediatric allergy and immunology via:

- Clinical experience
- One-on-one discussions between student and faculty regarding pre-determined topics outside of the clinic
- Attending structured didactic sessions/conference
- Self-study through prepared curriculum material

Residents

The Pediatric Allergy and Immunology Division provides the major instruction to pediatric and internal medicine residents in the evaluation and management of children and adults with allergic diseases, asthma, and immunodeficiency diseases. It also provides didactic teaching for the residents on the basics of allergy and immunology and directs teaching for the residents in the regular departmental clinical conferences and as part of the inpatient consultation service.

An allergy and immunology elective is available for pediatric and internal medicine residents, and fourth-year medical students. The objectives of the elective are to:

- Develop a working differential diagnosis of allergies, asthma, and primary immunodeficiencies.
- Learn how to conduct a complete physical exam including the upper and lower airways.
- Examine and discuss patients from all major allergy and immunology categories: allergic rhinitis, asthma, urticaria, drug allergy, food allergy, and primary immunodeficiency.

Residents see outpatients in the clinics under the supervision of one of the members of the Division faculty. Relevant articles about specific allergic and immunologic disorders are provided to residents at the beginning of each rotation, and residents attend clinical conferences offering didactic teaching for fellows.

Fellows

Although recognized for its scientific achievements, the Division of Pediatric Allergy and Immunology is committed to excellence in clinical care and teaching. Toward this end, the Allergy and Immunology Training Program, directed by David Khan, M.D., has grown in both size and stature with four funded fellowship positions since it enrolled its first fellow in 1982.

Balanced Clinical Experiences

Successful training in Allergy and Immunology should consist of balanced exposure to training experiences involving adults and children, no matter what the training background or the long-term plans of any particular fellow in training. Drs. Rebecca Gruchalla, David Khan and Chris Wysocki oversee the adult teaching clinics at Parkland Memorial Hospital and the James W. Aston Ambulatory Care Center, while Drs. Maite de la Morena and Drew Bird oversee the teaching clinics at Children’s Health™.

Further staffing of both adult and pediatric clinics is provided by our 17 volunteer clinical faculty. Approximately 40 percent of allergy fellows have come from pediatric housestaff programs, and approximately half of the outpatient clinics required of allergy and immunology fellows primarily involve children.
Diversified Training Experiences

The UT Southwestern program offers a diversity of clinical experiences in Allergy and Immunology. It has a strong primary immunodeficiency program and is one of the Diagnostic and Research Centers for the Jeffrey Modell Centers Network. In addition, a Food Allergy Center has been established for clinical and research purposes at Children’s Health™.

The Adult Allergy Division operates the Parkland Asthma Clinic, which oversees the care of adult patients with moderate to severe asthma, and the Parkland Allergy Clinic and the clinics at the James W. Aston Ambulatory Care Center are tertiary/quaternary referral centers for patients with chronic urticaria, drug allergies, hereditary angioedema, common variable immunodeficiency, mastocytosis, and anaphylaxis.

Fellows also have exposure to other common conditions including rhinitis, asthma, sinusitis, and atopic dermatitis in both the pediatric and adult clinics.

Research

All fellows are required to participate in at least one research project. Current and past projects have been extremely diverse – most are clinically oriented and some are basic science-oriented – a reflection of the differing interests of the past and current fellows. Because training positions are fully funded by Parkland Memorial Hospital and Children’s Medical Center, and not by federal training grants, fellows are encouraged to consider research opportunities in a diversity of fields.

Fellows are encouraged to present the results of their research studies at national meetings. The majority of fellows are able to publish at least one manuscript based on their fellowship training. Fellows in training are encouraged to travel to one national meeting during each of the two training years and are provided financial support for this purpose.

Success of Training Program Graduates

Within the past 15 years, 100 percent of the graduates of UT Southwestern’s Allergy and Immunology training program have passed the American Board of Allergy and Immunology certifying examination. Most graduates are currently in private or group practice settings; however, a few have become full-time medical school faculty members. More than half of our clinical faculty are prior graduates of the Allergy and Immunology training program.

Research Activities

Since 1994, Dr. Gruchalla has had sustained NIH funding for research in inner-city pediatric asthma. In 1996, she became a member of the Inner City Asthma Multicenter Study group (Dallas-site PI), which became an NIH-sponsored contract (Inner City Asthma Consortium – ICAC) in 2002. The initial contract was a six-year contract for $55.8 million, and its purpose was to investigate the mechanisms of asthma in inner-city children, as well as to develop novel treatments for this disease. The contract has been renewed for the third time and now extends through 2021.

UT Southwestern Medical Center is once again a participating site, along with Boston University, Children’s Memorial Hospital in Chicago, Cincinnati’s Children’s in Cincinnati, Children’s National Medical Center in Washington, D.C., Henry Ford Health System in Detroit, National Jewish Health in Denver, Johns Hopkins University in Baltimore, Columbia University in New York, St. Louis Children’s Hospital in St. Louis, and the University of California, San Francisco.

UT Southwestern continues to be one of the top recruiting sites for ICAC.

In addition to the asthma clinical studies that have been, and that are being done, as a part of ICAC, basic mechanistic studies are being conducted as well.
Drs. Rebecca Gruchalla and Michelle Gill, Associate Professor of Pediatrics, Immunology and Internal Medicine, are involved in research that suggests allergic reactions to cockroaches, pet dander, dust mites, and mold may prevent people with allergic asthma from generating appropriate immune responses to respiratory challenges like the flu virus.

Dr. David Khan is conducting various research projects in adults focused on drug allergies, refractory chronic urticaria, mood disorders and asthma, and rush immunotherapy.

Dr. Bird continues conducting active research into interventional therapeutics for treatment of life-threatening food allergies. In 2017 his team managed seven active clinical trials.

Clinical Activities

Faculty cover an active consult service at Children’s Health, Parkland Memorial Hospital, and UT Southwestern University Hospitals, as well as outpatient clinic services in Asthma, Allergy, and Immunology at Children’s and the James W. Aston Ambulatory Care Center.

Clinical Immunology Program

The Clinical Immunology Program was awarded recognition by the Jeffrey Modell Foundation as a Center for Excellence for diagnosis and treatment of primary immunodeficiency diseases. Directed by Dr. Maite de la Morena, the Clinical Immunology Program serves a large geographical referral area encompassing North Texas, eastern New Mexico, Oklahoma, western Louisiana, and southern Arkansas. This comprehensive program provides both diagnostic and state-of-the-art treatment opportunities for patients with primary immunodeficiency diseases.

Furthermore, Dr. Wysocki staffs a monthly transitional clinic at Children’s which helps to transition adolescent and young adult patients with primary immunodeficiencies to the adult clinics at Parkland or UT Southwestern, when ready.

Food Allergy Center

Under the direction of Dr. Drew Bird, Dedman Family Scholar in Clinical Care, the Food Allergy Center treats a broad range of allergic diseases in both inpatient and outpatient settings and will be conducting research that is instrumental in developing treatments and therapies. This Center opened in 2010 and is the only academic-affiliated pediatric food allergy center in North Texas.

The food allergy center is also home to the Dallas Eosinophilic Esophagitis Program (DEEP) at Children’s Health. Dr. Christopher Parrish is Co-Director of this multidisciplinary program, which utilizes a team approach to the management of eosinophilic esophagitis involving a pediatric allergist, pediatric gastroenterologists, a dietitian and a child psychologist with expertise in feeding problems.
Asthma Clinic

In addition to other allergic diseases, Dr. Min Lee also evaluates and cares for children with persistent allergic asthma along with a volunteer faculty member, Dr. William Neaville. The targeted therapies for these patients may include omalizumab, mepolizumab, and/or allergy shots offered through the immunotherapy clinic.

2017 Patient Visits

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Current Grant Support

Drew Bird

**Grantor:** Food Allergy Research and Education  
**Title of Project:** Clinical Network Contract  
**Role:** Site Principal Investigator and Program Director  
**Dates:** 2015 – 2020

**Grantor:** DBV Technologies  
**Title of Project:** A Double-Blind, Placebo-Controlled Randomized Trial to Study the Viaskin Milk Efficacy and Safety for Treating IgE-Mediated Cow’s Milk Allergy in Children (MILES study)  
**Role:** Site Principal Investigator and Program Director  
**Dates:** 2015 – 2020

**Grantor:** Food Allergy Research and Education  
**Title of Project:** Peanut Sublingual Immunotherapy Induction of Clinical Tolerance in Newly Diagnosed Peanut Allergic 12 to 48 month-old Children  
**Role:** Site Principal Investigator  
**Dates:** 2014-2019

**Grantor:** DBV Technologies  
**Title of Project:** Open-label Follow-up Study of the PEPITES Study to Evaluate the Long-term Efficacy and Safety of Viaskin Peanut (PEOPLE Study)  
**Role:** Site Principal Investigator  
**Dates:** 2017-2020
Grantor: DBV Technologies
Title of Project: Long-term Assessment of Safety and Therapeutic Benefit of Viaskin Peanut Epicutaneous Treatment in Peanut-Allergic Children: A 6-Month Randomized, Double-Blind, Placebo-Controlled Phase III Study Followed by an Open Label Active Treatment (REALISE Study)
Role: Site Principal Investigator
Dates: 2016 – 2019

Grantor: DBV Technologies
Title of Project: A Double-Blind, Placebo-Controlled, Randomized Phase III Pivotal Trial to Assess the Efficacy and Safety of Peanut Epicutaneous Immunotherapy with Viaskin Peanut in Peanut-Allergic Children (PEPITES study)
Role: Site Principal Investigator
Dates: 2016 – 2021

Grantor: Aimmune Therapeutics, Inc.
Title of Project: Peanut Allergy Oral Immunotherapy Study of AR101 for Desensitization in Children and Adults (PALISADE study)
Role: Site Principal Investigator
Dates: 2016 – 2021

Grantor: Aimmune Therapeutics, Inc.
Title of Project: Real-world AR101 Market Supporting Experience Study in Peanut-allergic Children Ages 4 to 17 (RAMSES)
Role: Site Principal Investigator
Dates: 2017 – 2020

Maite de la Morena

Grantor: Jeffrey Model Foundation
Title of Project: To Support Clinical and Translational Research Projects in Patients with Primary Immunodeficiency Diseases
Role: Principal Investigator
Dates: 2008 – Current

Grantor: NIH / NIAID
Title of Project: Long Noncoding RNAs and Their Contribution to 22q11.2 Deletion Syndrome
Role: Co-Investigator
Dates: 2015 – 2019

Rebecca Gruchalla

Grantor: University of Wisconsin / NIH
Title of Project: RACR2 (ICAC3)
Role: Site Principal Investigator
Dates: 2014 – 2021

David Khan

Grantor: NHLBI 1R01H123609K01A1
Title of Project: Treating Caregiver Depression to Improve Childhood Asthma: Impact and Mediators
Role: Co-Investigator
Dates: 2015 – 2019
Grantor: NBIB 1U01EB021952-01  
**Title of Project:** A Wearable Asthma Trigger Monitoring System with Integrated Physiological Monitor  
**Role:** Co-Investigator  
**Dates:** 2015 – 2019

Grantor: Vanberg Family Foundation  
**Title of Project:** Utilization of an Inpatient Penicillin Allergy Testing Protocol  
**Role:** Principal Investigator  
**Dates:** 2015 – present

**Peer-Reviewed Publications**


**Book Chapter**