

Dr Helen A Brough
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Helen is a Consultant in Paediatric Allergy and Immunology and the Head of Service for the Children's Allergy Service at the Evelina London, Guy's and St. Thomas' NHS Foundation Trust. Helen is also the Speciality Group Lead for a range of paediatric specialties at the Evelina London Children's Hospital, including Allergy, Gastroenterology and Respiratory Paediatrics. Helen jointly set up Children's Allergy services in the community, specialist joint clinics with Respiratory Paediatrics, and the Adolescent service for transitioning young people into adult allergy services.

Helen is a Senior Lecturer in Paediatric Allergy at King's College London. Helen's clinical and research interests are in food allergy prevention and diagnosis, immunotherapy, asthma, eosinophilic gastrointestinal disorders and eczema. Helen is the lead for the British Society for Allergy and Clinical Immunology (BSACI) guideline on the management of atopic eczema. She leads the Pronuts study, a multicentre, interventional study in the management of nut and seed allergies. She was part of the LEAP (Learning Early About Peanut allergy) study and EAT (Enquiring About Tolerance) study team, which showed that early introduction of allergenic foods can prevent food allergy. She also works on peanut immunotherapy studies.

Helen is the Chair of the Paediatric Section for the European Academy of Allergy and Clinical Immunology. She is a Fellow of the Royal College of Paediatrics and Child Health and the American Academy of Allergy and Clinical Immunology (AAAAI). She was awarded the AAAAI Distinguished Clinician Award in 2020 and a Health Professional of the Year award by Coeliac UK in 2010.

She studied Medicine at King's College, Cambridge and University College London and then underwent General Paediatric training followed by highest specialist training in Paediatric Allergy and Immunology in Guy's and St. Thomas' Hospital and Great Ormond Street Hospital. She was awarded her MSc in Allergy from the University of Southampton and her PhD in Paediatric Allergy from King's College London.