



—BELMATT—  
HEALTHCARE TRAINING

# COWS MILK ALLERGY PROTEIN

Dr. Jai Ganapathi  
Consultant Paediatrician

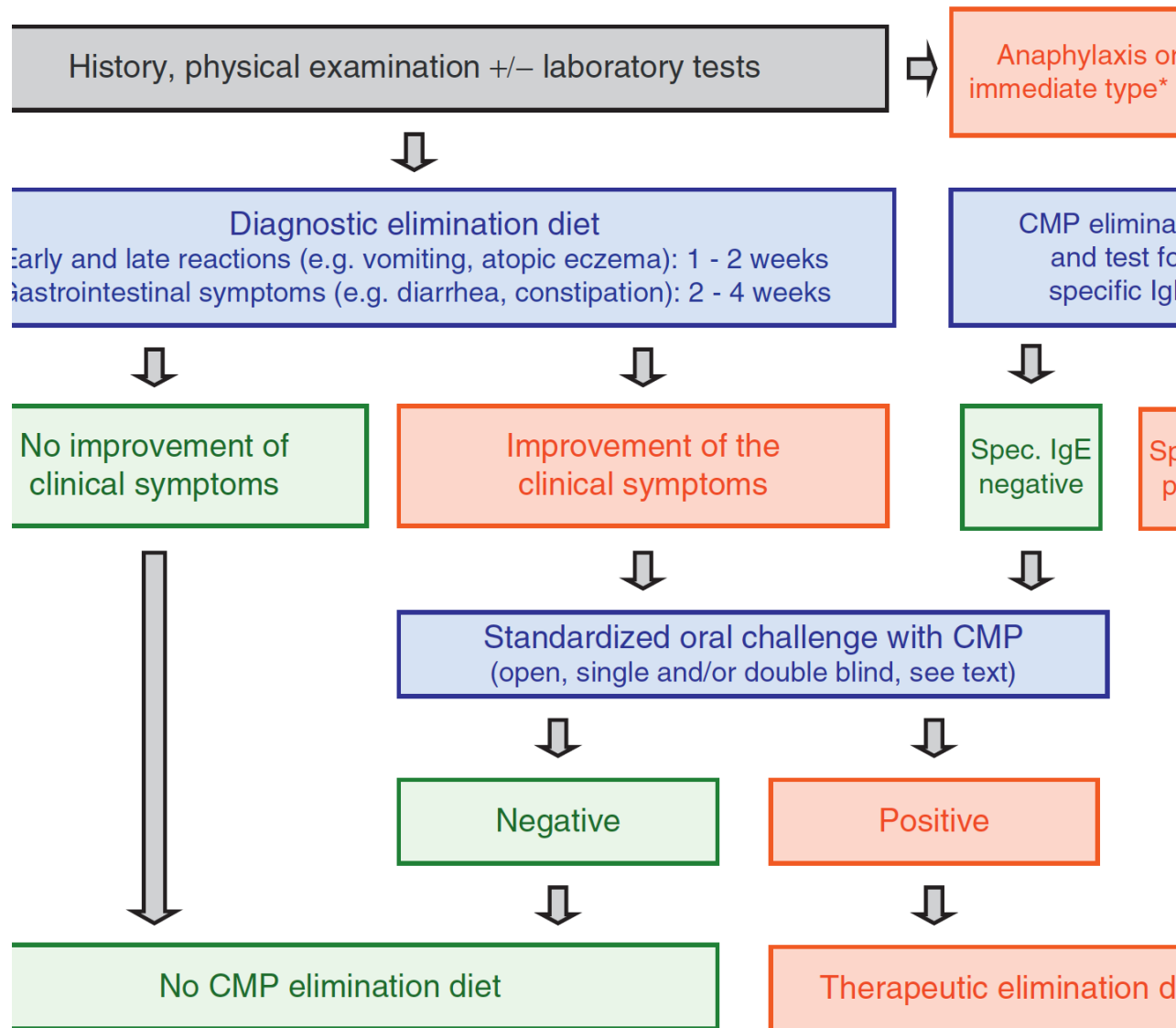
# Cows Milk Protein Intolerance

- Spectrum: crying baby – reflux – colitis
- IgE vs non IGE ?



| IgE-mediated  | Non-IgE-mediated   |
|---|--|
| <b>The skin</b>   |  |
| <ul style="list-style-type: none"><li>● Pruritus</li><li>● Erythema</li><li>● Acute urticaria (localised or generalised)</li><li>● Acute angioedema (most commonly in the lips and face, and around the eyes)</li></ul> | <ul style="list-style-type: none"><li>● Pruritus</li><li>● Erythema</li><li>● Atopic eczema</li></ul>  |
| <b>The gastrointestinal system</b>  |  |
| <ul style="list-style-type: none"><li>● Angioedema of the lips, tongue and palate</li><li>● Oral pruritus</li><li>● Nausea</li><li>● Colicky abdominal pain</li><li>● Vomiting</li><li>● Diarrhoea</li></ul>            | <ul style="list-style-type: none"><li>● Gastro-oesophageal reflux disease</li><li>● Loose or frequent stools</li><li>● Blood and/or mucus in stools</li><li>● Abdominal pain</li><li>● Infantile colic</li><li>● Food refusal or aversion</li><li>● Constipation</li><li>● Perianal redness</li><li>● Pallor and tiredness</li><li>● Faltering growth plus one or more gastrointestinal symptoms above (with or without significant atopic eczema)</li></ul> |
| <b>The respiratory system (usually in combination with one or more of the above symptoms and signs)</b>   |  |
| <ul style="list-style-type: none"><li>● Upper respiratory tract symptoms – nasal itching, sneezing, rhinorrhoea or congestion (with or without conjunctivitis)</li></ul>  |  |
| <ul style="list-style-type: none"><li>● Lower respiratory tract symptoms (cough, chest tightness, wheezing or shortness of breath)</li></ul>  |  |
| <b>Other</b>  |  |
| Signs or symptoms of anaphylaxis or other systemic allergic reactions   |  |
| <sup>2</sup> Note: this list is not exhaustive – the absence of these symptoms does not exclude food allergy.   |  |

# Cows Milk Protein Intolerance



# Amino acid formula



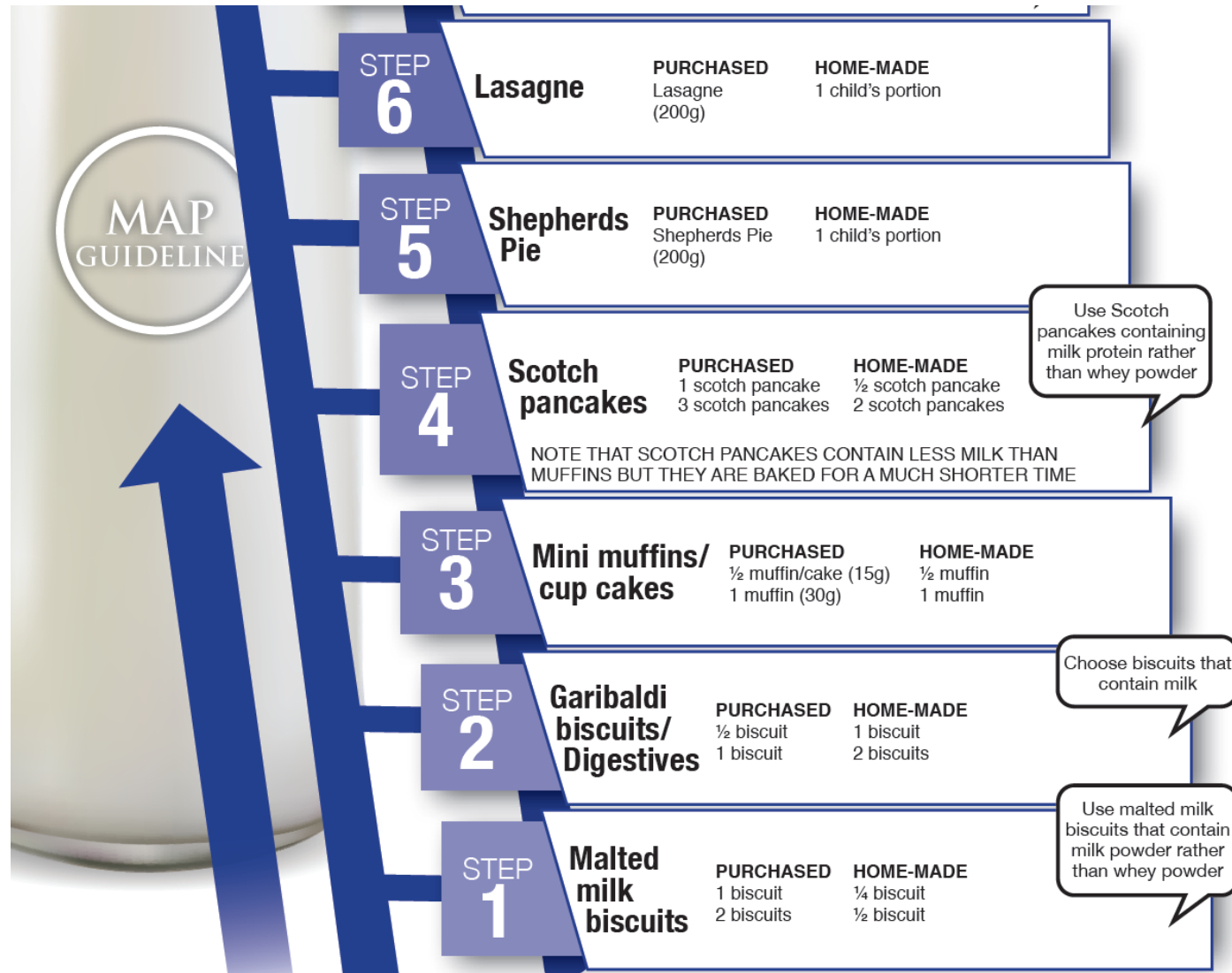


Extensively  
hydrolyzed





# Home milk ladder - reintroduction



# Red flags for sec care referral

- Cutting across centiles
- Increasing blood in stool
- Bile-stained vomit-
- unwell child / fever / altered responsiveness THINK SEPSIS
- forceful (projectile) vomiting
- abdominal distension / chronic diarrhoea bulging fontanelle
- rapidly increasing head circumference
- late onset (after 6 months).



# Effortless regurgitation of feeds in well infants

Advise and reassure parents or carers:

Is very common (it affects > 40% of infants)

Usually begins before the infant is 8 weeks old

May be frequent (5% of those affected have 6 or more episodes each day)

Usually becomes less frequent with time (resolves in 90% of affected infant before they are 1 yr old)

Does not usually need further investigation and treatment

# Treatment

- Upright : 15 degree cot tilt, leg bottom end
- Not child care seat
- Breastfed: Ranitidine / Omeprazole
- Bottle fed: Gaviscon, Carobel
- OTC:



# LACTOSE INTOLERANCE

- Lactose- disaccharide in mammalian milk (including breast milk)
- Lactose intolerance: absence or reduced **LACTASE-enzyme**
  - Primary: Lactase activity decreases in certain populations about age 2; symptoms rare before 6 yr
  - Secondary\*: most common after infection
  - Congenital *absence* of Lactase from birth  
RARE