

Cow milk protein allergy; update and challenges ECCE

Mahmoud Metwaly Taha

Saudi German Hospital, KSA

Abstract

Cow's milk protein allergy (CMPA) is caused by a reproducible immune-mediated response to milk proteins and tends to present during the first few months of life. This response can vary significantly from an immediate reaction within 2 hours of ingestion to a more delayed reaction, which can occur anywhere between 2 and 72 hours later. A delay in diagnosis can cause significant child and parental distress, while overdiagnosis can lead to an unnecessary elimination diet. CMPA can be confused with lactose intolerance which is a non-immune mediated response as a result of lactase enzyme deficiency. We review the diagnosis and management of CMPA in this article along with future directions.

Received: January 22, 2022; **Accepted:** February 3, 2022; **Published:** February 28, 2022.

Biography

Mahmoud Metwaly Taha has a master degree in paediatrics and neonatology awarded from Zagazig university, Zagazig,

Egypt. Currently working as senior neonatologist at Saudi German Hospital, Aseer, KSA. 2015-17.

References

1. HB, Luyt D. Home-based cow's milk reintroduction using a milk ladder in children less than 3 years old with IgE-mediated cow's milk allergy. *Clin Exp Allergy* 2019; 49:911e20.
2. Du Toit G, Tsakok T, Lack S, Lack G. Prevention of food allergy. *J Allergy Clin Immunol* 2016; 137: 998e1010.
3. Fiocchi A, Brozek J, Schunemann H, et al. World allergy organization (WAO) diagnosis and rationale for action against cow's milk allergy (DRACMA) guidelines. *World Allergy Organization Journal* 2010; 3: 57e61.
4. Koletzko S, Niggemann B, Arato A, et al. Diagnostic approach and management of cow's-milk protein allergy in infants and children: ESPGHAN GI Committee practical guidelines. *J Pediatr Gastroenterol Nutr* 2012; 55: 221e9.