

RESEARCH ARTICLE

A survey on clinical presentation and nutritional status of infants with suspected cow' milk allergy

Mário C. Vieira¹, Mauro B. Morais^{*2}, José VN Spolidoro³, Mauro S. Toporovski⁴, Ary L. Cardoso⁵, Gabriela TB Araújo⁶, Victor Nudelman⁷ and Marcelo CM Fonseca⁸

Abstract

Background: Cow's milk is the most common food allergen in infants and the diagnosis of cow's milk allergy is difficult, even with the use of several diagnostic tests. Therefore, elimination diets and challenge tests are essential for the diagnosis and treatment of this disorder. The aim of this study is to report the clinical presentation and nutritional status of children evaluated by pediatric gastroenterologists for the assessment of symptoms suggestive of cow's milk allergy.

Methods: An observational cross-sectional study was performed among 9,478 patients evaluated by 30 pediatric gastroenterologists for 40 days in 5 different geographical regions in Brazil. Clinical data were collected from patients with symptoms suggestive of cow's milk allergy. The nutritional status of infants (age ≤ 24 months) seen for the first time was evaluated according to z-scores for weight-for-age, weight-for-height, and height-for-age. Epi-Info (CDC-NCHS, 2000) software was used to calculate z-scores.

Results: The prevalence of suspected cow's milk allergy in the study population was 5.4% (513/9,478), and the incidence was 2.2% (211/9,478). Among 159 infants seen at first evaluation, 15.1% presented with a low weight-for-age z score (< -2.0 standard deviation - SD), 8.7% with a low weight-for-height z score (< -2.0 SD), and 23.9% with a low height-for-age z score (< -2.0 SD).

Conclusion: The high prevalence of nutritional deficits among infants with symptoms suggestive of cow's milk allergy indicates that effective elimination diets should be prescribed to control allergy symptoms and to prevent or treat malnutrition.

Background

The incidence of food allergies has increased in several parts of the world, particularly in developed countries [1-6]. Cow's milk is the most common food allergen in infants and the diagnosis of cow's milk allergy is difficult, even with the use of several diagnostic tests. Therefore, elimination diets and challenge tests are essential for the diagnosis and treatment of this disorder [7,8]. Cow's milk and cow's milk-based infant formulas are the most frequently used substitutes for infants who are not breast-fed. The growth and development of infants that are allergic to cow's milk may be compromised if an adequate substitute formula is not available [9-12]. The nutritional quality of cow's milk substitutes used for this group of

patients has a crucial role in promoting appropriate growth and development [9-12].

Prior to 1950, the incidence of cow's milk allergy in the first year of life was low and affected about 0.1% to 0.3% of all infants. Prospective studies conducted in 1970 and 1988 showed that the incidence of cow's milk allergy reached 1.8% to 7.5%, a wide range explained by the differences in diagnostic criteria adopted in different studies [1,6]. Symptoms suggestive of cow's milk allergy are reported by parents of 5.0% to 15.0% of all infants [1]. These data draw attention to the importance of an accurate diagnosis of food allergy in order to avoid the use of elimination diets for prolonged periods of time in infants without a confirmed diagnosis.

The aim of this study was to describe the clinical presentation and nutritional status of children evaluated by

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