THE INCIDENCE OF ATOPIC MARCH IN CHILDREN WITH ALLERGIES TO COW'S MILK PROTEINS

B. Ivelja[1], V. Djurišić[2], T. Filipović[2], S. Zejnilović[2]

(1) Health Center Cetinje, Cetinje, Montenegro
(2) Institut for Children's Diseases KBC Podgorica, Podgorica, Montenegro

ABSTRACT

Introduction: In children with food allergy and atopic dermatitis (AD) during the first year of life, at a later age, asthma and allergic rhinitis (AR) can develop. The common name for the progression of allergic diseases is the allergic or atopic march.
Aim: we aimed to evaluate whether an allergy to cow's milk proteins (APKM) causes the atopic march and at what is its incidence.
Materials and methods: The incidence of AD, asthma and AR was followed in 23 children with APKM. The criteria used for the diagnosis of atopic march were the medical history (both personal and family), the clinical picture, the total IgE in the blood, prick tests for nutritional and inhalation allergens and spirometry.
Results: 39% of children with APKM (M / F: 67% / 33%) manifested symptoms of atopic march at the latest by the end of the second year of life. A positive prick test for nutritional and inhalant allergens was found in 60% and in 40% for inhalatory allergens only. Spirometry results indicated obstruction of the small and medium sized airways in all respondents. Appropriately conducted diet without PMC (lactation and / or milk-based formula extensive hydrolysate) was found in 45% of patients. In all subjects a postive family history for allergies was detrmined. In 40% of children, APKM was maintained for up to 2 years. Together with the presence of atopy in the family a severe clinical picture of an atopic march was diagnosed.
Conclusion: Infants with APKM are at an increased risk for atopic march exposure. Early diagnosis of APKM and an elimination diet are the basis for the prevention and treatment of atopic march.
Key words: allergy, proteins, cow's milk, atopic march.