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Cow's milk protein allergy: Prevention and management

This talk provide elaborate understanding of cow's milk protein allergy in infant, focusing on prevention as a primary target. The published guidelines including the Middle Eastern consensus statement are discussed in details focusing on practical algorithms in prevention and management of milk allergy taking in consideration the regional challenges. The unique advantage of breast feeding and its role in preventing atopy cannot be overlooked. The role of infant formula proteins in inducing protein allergy and the alternative use of protein in prevention and treatment of protein allergy are discussed in detail. The issue of allergenicity and induction of tolerance and their paramount role in high-risk infants is a hot area of clinical research. Definition and prediction of high-risk infants in anticipating mothers is of extreme help to the health care provider. Once allergy develops active intervention is required in the breast fed infant, breast feeding should be continued with maternal diet restriction avoiding dairy containing products till the age of one year or further. In such cases, the lactating mothers should be supplemented with calcium and vitamin D. In the formula fed infant, they should be fed an extensively hydrolyzed formulas or amino acid formula till the age of one year or more. Nutritional adequacy of hydrolyzed infant formula and their shortcomings, elaboration about practical points and pitfalls in formula prescription are addressed. Allergic manifestations are variable, although genetics plays a major role. Environmental factors are very important and may be amenable to intervention.

Biography

Mohamad Miqdady is American Board certified in Pediatric Gastroenterology, Hepatology and Nutrition. He is the Division Chief, Ped. GI, Hepatology & Nutrition Division at Sheikh Khalifa Medical City in UAE. Also an Adjunct Staff at Cleveland Clinic, Ohio USA. Member of the FISPUGHAN Council (Federation of International Societies of Pediatric Gastroenterology Hepatology, and Nutrition) Expert member FISPUGHAN Malnutrition/Obesity Expert team. Dr. Miqdady completed his Fellowship in Pediatric Gastroenterology at Baylor College of Medicine and Texas Children's Hospital in Houston, TX, USA. He held the position of Assistant Professor at Jordan University of Science and Technology in Jordan for six years prior joining SKMC. Main research interests include feeding difficulties, picky eating, obesity, procedural sedation, allergic GI disorders and celiac disease. He has several publications and authored few book chapters including www.uptodate.com. On the Editorial Board of few journals including Gastroenterology & Hepatology.

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