

# KEY TAKE-OUTS: MANAGEMENT OF COW'S MILK PROTEIN ALLERGY

## PARENTAL EDUCATION AND REASSURANCE AS THE FIRST LINE OF MANAGEMENT

### PROVIDE PARENTS INFORMATION ON:

- The differences between rapid (IgE mediated) and delayed (non-IgE mediated) cow's milk protein allergy (CMPA) reactions
- Lactose intolerance vs CMPA
- Exclusion of cow's milk and other dairy foods from diet, and appropriate substitutes to ensure adequate nutrition and growth

### NUTRITIONAL MANAGEMENT:

- Continue breastfeeding for breastfed infants (maternal intake of cow's milk should be supervised, assessed and reviewed by a dietitian to determine if dietary exclusion is indicated)
- In formula-fed infants with confirmed CMPA, a cow's milk based extensively hydrolysed formula (eHF) may be used as first line treatment for mild to moderate cases (not suitable for infants with anaphylaxis to cow's milk protein)
- Amino acid based formulas should be prescribed for infants with anaphylaxis to cow's milk protein or when infants are not able to tolerate eHF or soy protein formulas

### PHARMACOLOGICAL THERAPY:

- If the infant does not consume sufficient breastmilk and/or formula to meet nutritional needs, then calcium supplements should be considered
- Consider specialist referral and investigations in case of inappropriate growth, other warning signs or non-response to treatment

#### REFERENCES:

- Australasian Society of Clinical Immunology and Allergy (ASCI) 2019. Information for patients, consumers and carers: Cow's milk (dairy) allergy. Available at [https://allergy.org.au/images/pdf/ASCI\\_PCC\\_Cows\\_milk\\_dairy\\_allergy\\_2019.pdf](https://allergy.org.au/images/pdf/ASCI_PCC_Cows_milk_dairy_allergy_2019.pdf). Accessed March 2021.
- Koletzko S et al. JPN 2012;55(2):221-9.
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- Kemp AS et al. MJA 2008;188(2):109-112.