

## SYNEO CASE STUDY

### BABY D

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## PATIENT PROFILE

7-month old baby boy with non-IgE mediated allergies to cows' milk and soy, associated with significant GI symptoms which resolved with dietary exclusion of cows' milk and soy. Later skin prick testing showed negative results to all common food allergens, including dairy. Growth and development were not significantly impacted due to early identification and intervention.

- Non-IgE mediated Cows' Milk Protein Allergy (CMPA)
- Skin symptoms
- Gastrointestinal (GI) symptoms
- Feeding difficulties

## BACKGROUND

Baby D was born via spontaneous vaginal delivery at term and is fully immunised. Normal development and growth. Family history of shellfish allergy in the father, lactose intolerance in the mother, and an otherwise well 3-year-old brother. This 7-month-old breastfeeds 2-hourly, can be fussy at the breast and takes small amounts of fruit and vegetable purees. From a few weeks of age, he has back arched,

and had excessive gas and bloating. From 4-months of age, he has vomited frequently. The mother has excluded dairy, nuts, fish, and egg from her diet for 2-3 weeks prior to our initial appointment and there have been some improvements in the infant's symptoms. He trialed soy formula which caused a facial rash so was ceased.

## MANAGEMENT

Priorities were to control symptoms, normalise the maternal diet, and wean breastfeeding due to upcoming work commitments and the mother's desire to stop breastfeeding.

**Aptamil AllerPro Syneo** was commenced. Initially, 100ml bottle per day then, graded up to 3 x 150ml bottles per day over 4-6 weeks. Breastfeeds were weaned, and non-dairy, non-soy solids continued to be expanded in the diet.



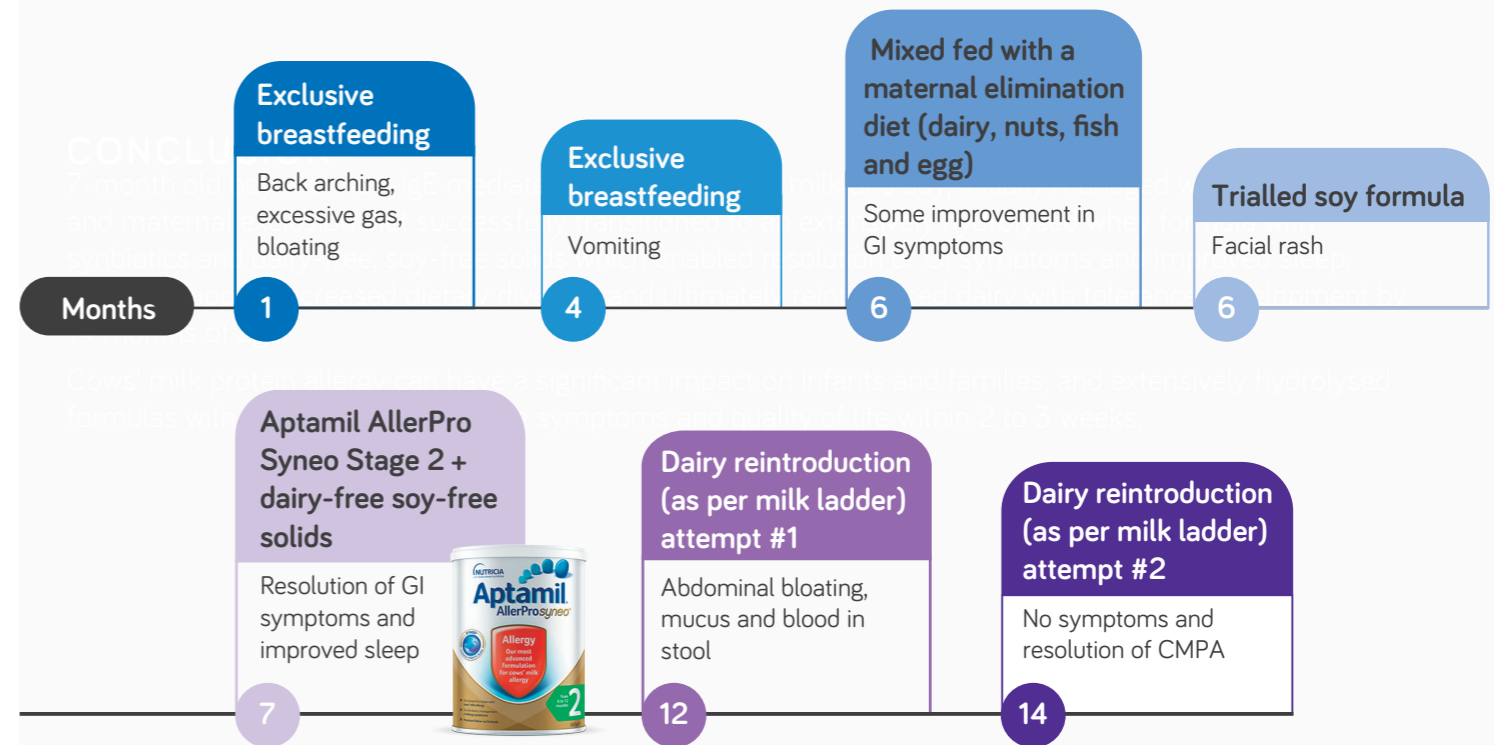
After approximately 3 weeks of **Aptamil AllerPro Syneo** and dairy-free, soy-free solids, there was resolution of the GI symptoms, allowing the infant's sleep and feeding to improve significantly

## FOLLOW UP CARE

At 12-months of age, malt biscuits were trialed and were associated with symptoms of abdominal bloating, increased mucus with some streaks of blood in the stool.

A further dairy challenge as per the *milk ladder*<sup>1</sup> at 14 months was successful with no associated symptoms. Dietitian provided support in expanding the infant's range of solids including reintroduction of soy.

## TIMELINE



## DISCUSSION

**Aptamil Allerpro Syneo** was readily accepted by the infant and there were no GI tolerance issues. The family was satisfied with the nutritional management as it reduced stress around infant feeding and improved sleep overnight for the infant and family. The synbiotic blend in **Aptamil AllerPro Syneo** may have improved the infant's gastrointestinal flora balance and normalised the stooling pattern.

## CONCLUSION

7-month-old boy with non-IgE mediated allergies to cows' milk and soy, initially managed with breast milk and maternal exclusion diet, successfully transitioned to an extensively hydrolysed whey formula with synbiotics and dairy-free soy-free solids which enabled resolution of GI symptoms and improved sleep. Dietitian support increased dietary diversity and ultimately reintroduced dairy with tolerance development by 14 months of age.

Cows' milk protein allergy may have a significant impact on infants and families, and extensively hydrolysed formulas with synbiotics may improve symptoms and quality of life.

<sup>1</sup> Venter et al. Clin Transl Allergy (2017) 7:26 DOI 10.1186/s13601-017-0162-y