

Lactose intolerance in infancy... Have you considered Cow's Milk Allergy?

Correct diagnosis of Cow's Milk Allergy (CMA) and lactose intolerance (LI) helps to ensure appropriate management and to avoid unnecessary dietary restriction. **Infants very rarely need a prolonged lactose-free or low-lactose diet.**¹⁻⁴

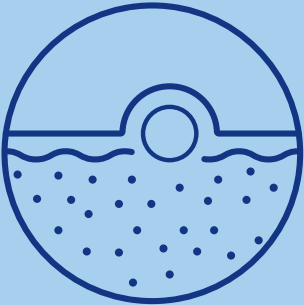




Reviewed and approved
by Dr Rupert Hinds

	Cow's Milk Allergy	Adult type lactose intolerance	Secondary lactose intolerance
Prevalence	1 in 50	Very rare <3 years of age	Not uncommon following acute gastrointestinal infection
Mechanism	Immune-mediated	Enzyme deficiency <i>Gradual loss of lactase activity with age</i>	Enzyme deficiency <i>Following small intestinal injury</i>
Onset of symptoms	Usually <1 year of age	5-6 years of age	Infants <3 months of age are most at risk
Common signs and symptoms <i>The severity of symptoms varies between individuals</i>	<ul style="list-style-type: none"> • Loose, watery, frequent stools • Abdominal pain and distension • Excessive flatulence • Audible bowel sounds • Nappy rash 		
	See behind for signs and symptoms unique to CMA		
Dietary management	Diet free of cow's milk protein with no lactose restriction <i>(except in the case of severe cow's milk allergic enteropathy)</i>	Low-lactose diet	Temporary low-lactose diet

Lactose has key benefits in the management of CMA and should not be unnecessarily avoided.^{1-3,5}

Signs and symptoms **unique to CMA** and not LI

Dermatological	Gastrointestinal	Respiratory
		
Eczema, hives (urticaria), swelling, family history of atopy ^{1,3,6,7}	Mucous and/or blood in stools, constipation, vomiting, gastro-oesophageal reflux ^{1,3,6,7}	Runny or congested nose, wheeze or cough, anaphylaxis ^{1,3,6,7}
Experienced by up to 93% of infants with CMA ⁷	Experienced by up to 59% of infants with CMA ⁶	Experienced by up to 33% of infants with CMA ⁶

Useful tool for CMA diagnosis: 92% of infants with CMA suffer from **two or more symptoms**.⁶

50 years of breastmilk research:
Empower parental confidence with the right help

Find out more about the key differences between CMA and LI from Dr Rupert Hinds



General advice only. For Healthcare Professional use only – not for distribution to the general public.

BREASTMILK IS BEST FOR BABIES: Professional advice should be followed before using an infant formula. Partial bottle feeding could negatively affect breastfeeding. Good maternal nutrition is important for breastfeeding and reversing a decision not to breastfeed may be difficult. Infant formula should be used as directed. Improper use of infant formula may affect the health of the baby. Social and financial implications should be considered.

CMA, cow's milk allergy; LI, lactose intolerance.

References: 1. Di Costanzo MD and Canani RB. *Ann Nutr Metab.* 2018;73(Suppl 4):30–7. 2. Heine RG *et al. World Allergy Organ J.* 2017;10:41. 3. Waddell L. What do we know about lactose? *Complete Nutrition.* 2016; 15(6):73–8. 4. ASCIA. Cow's Milk (Dairy) Allergy. 2022. https://www.allergy.org.au/images/ASCIAPCC_Cows_milk_dairy_allergy_2022.12.pdf. Accessed Mar 2023. 5. Francavilla R *et al. Pediatr Allergy Immunol.* 2012;23(5):420–7. 6. Host A and Halcken S. *Allergy* 1990;45:587–96. 7. Fiocchi A *et al. World Allergy Organ J* 2010;3(4):57–161.

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