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Embargoed until:

Saturday, March 3 at 1:30 pm ET

Cow's Milk Allergy May Negatively Affect Children's Growth Through Pre-Teen Years

A study presented at the 2018 AAAAI/WAO Joint Congress found that cow's milk allergy may negatively affect growth in children up to 12 years old.

Orlando, FL – Data presented at the 2018 American Academy of Allergy, Asthma & Immunology (AAAAI) and World Allergy Organization (WAO) Joint Congress focused on two groups of children, one strictly avoiding cow's milk and the other avoiding peanuts and tree nuts because of clinically diagnosed allergy.

In measurements from a chart review of 1,098 clinic visits, they found that children with a milk allergy tended to have a lower weight and height, but not body mass index (BMI), compared to the peanut and tree nut allergic children.

The largest differences in weight were recorded when the children were 5 to 8 years-old and 9 to 12 years-old. Other allergic conditions, including eczema, and use of inhaled corticosteroids did not seem to effect weight.

“Correspondingly, persistent milk allergy was associated with a greater decline in weight and also BMI from the baseline visit when the children were 2 to 4 years-old,” said author Corinne Keet, MD, MS, PhD. “From our findings, this negative trend in growth appears to continue through pre-adolescence.”

Keet went on to note that the differences in weight, height and BMI are persistent and more pronounced for the patients with measurements at age 13 and above.

“Further study is needed to better understand the complex relationship between food allergy and childhood growth patterns,” said Keet. “Pediatricians and allergists need to work with their patients to ensure a diet that promotes healthy growth while acknowledging nutritional limitations due to allergy.”

Visit aaaai.org to [learn more about food allergy](#). Research presented at the AAAAI/WAO Joint Congress, March 2-5 in Orlando, Florida, is published in an [online supplement to *The Journal of Allergy and Clinical Immunology*](#), an official journal of the AAAAI.

The American Academy of Allergy, Asthma & Immunology ([AAAAI](#)) represents allergists, asthma specialists, clinical immunologists, allied health professionals and others with a special interest in the research and treatment of allergic and immunologic diseases. Established in 1943, the AAAAI has more than 7,000 members in the United States, Canada and 72 other countries. The AAAAI's [Find an Allergist/Immunologist](#) service is a trusted resource to help you find a specialist close to home.

The World Allergy Organization ([WAO](#)) is an international alliance of 97 regional and national allergy, asthma, and immunology societies. Through collaboration with its Member Societies WAO provides a wide range of educational and outreach programs, symposia and lectureships to allergists/immunologists around the world and conducts initiatives related to clinical practice, service provision, and physical training in order to better understand and address the challenges facing allergists/immunologists worldwide.

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