Paediatric Food Allergy

Management and Prevention

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1. Introduction to the Causes and Management of Paediatric Food Allergy

This session will introduce the audience to paediatric food allergy with a discussion of:

Signs and symptoms of food allergy in babies and children

Risks associated with infant food allergy

Age at which food allergies commonly develop and when they are likely to be outgrown

Reasons for the higher incidence of food allergy in children compared to adults

And will include:

Brief overview of the:

- Immunological processes involved in food allergy
- Diverse mechanisms responsible for symptoms in food allergies and intolerances

Introduction to strategies for the management of food allergy in babies and children

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2. Prevention of Food Allergy From Pre-conception to Early Post-Natal Life

This session will provide a discussion of the interactions between the maternal and foetal immune systems, the possible outcomes of these interactions during the neonatal period, new research that may impact on the expression of allergy in the baby, and how we can utilize these findings in clinical practice.

A discussion of specific topics will be presented, including:

Does food allergy start in foetal life?

The immune system of mother and foetus: Significance in practice

The new-born: Conditions that predispose to the development of allergy

Current areas of research:

- Omega-3 fatty acids
- Vitamin supplementation
- Exposure to food allergens outside the digestive tract
- Role of micro-organisms in the digestive tract: probiotics

Translation of research data into clinical practice

3. Breastfeeding and Infant Food Allergy

This session will focus on the factors in mother's breast milk that impact on the breast-fed baby, how breast-feeding affects the baby's interaction with potential food allergens, and addresses strategies that can influence the development and expression of allergy in the baby.

Topics that will be discussed include:

The immune system of the newborn, and its maturation
Immunological components in breast milk that provide protection to the developing infant
Immunological factors in breast milk that impact baby's allergic response
Food allergens in breast milk
Identification of foods causing allergy in the breast-fed baby
Sources of food allergens
Translation of immunological data into clinical recommendations

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4. Dietary Management of Paediatric Food Allergy

During this session we shall discuss how to identify the foods causing allergy in children, the chances of the child outgrowing food allergies, how to avoid the culprit foods, and strategies to provide a nutritionally complete diet while avoiding the allergenic foods.

Specific topics that will be covered include:

The most common allergens relative to the peak age of food sensitivity
Development of tolerance to foods as the child matures
Cow's milk allergy as a model for management of food allergy in children
Lactose intolerance
Tests in food allergy diagnosis
Elimination and challenge in the identification of foods triggering allergy
- Selective food elimination
- Few foods elimination diet
- Challenge protocols

Terms on food labels and sources of "hidden ingredients" in formulating an allergen-free diet
Maintenance diets and the importance of providing all the nutrients that may be missing when eliminating important food groups