

## Cow's milk allergy in infants is difficult to diagnose quickly and accurately.

In recent years, there have been concerns raised that cow's milk allergy is being over-diagnosed<sup>1</sup>, it is therefore important to ensure that cow's milk allergy is identified accurately, and timely, appropriate management is put in place.

### Example CMA symptoms

Consider CMA in infants who exhibit 2 or more persistent and/or severe symptoms from the list below<sup>1-3</sup>.



#### GASTROINTESTINAL

- diarrhoea
- constipation
- blood in stools
- vomiting
- reflux disease/GORD
- abdominal pain



#### DERMATOLOGICAL

- moderate persistent eczema
- urticaria
- rashes
- severe atopic eczema
- angioedema



#### RESPIRATORY

- wheezing
- chronic coughing
- acute rhinitis
- respiratory distress



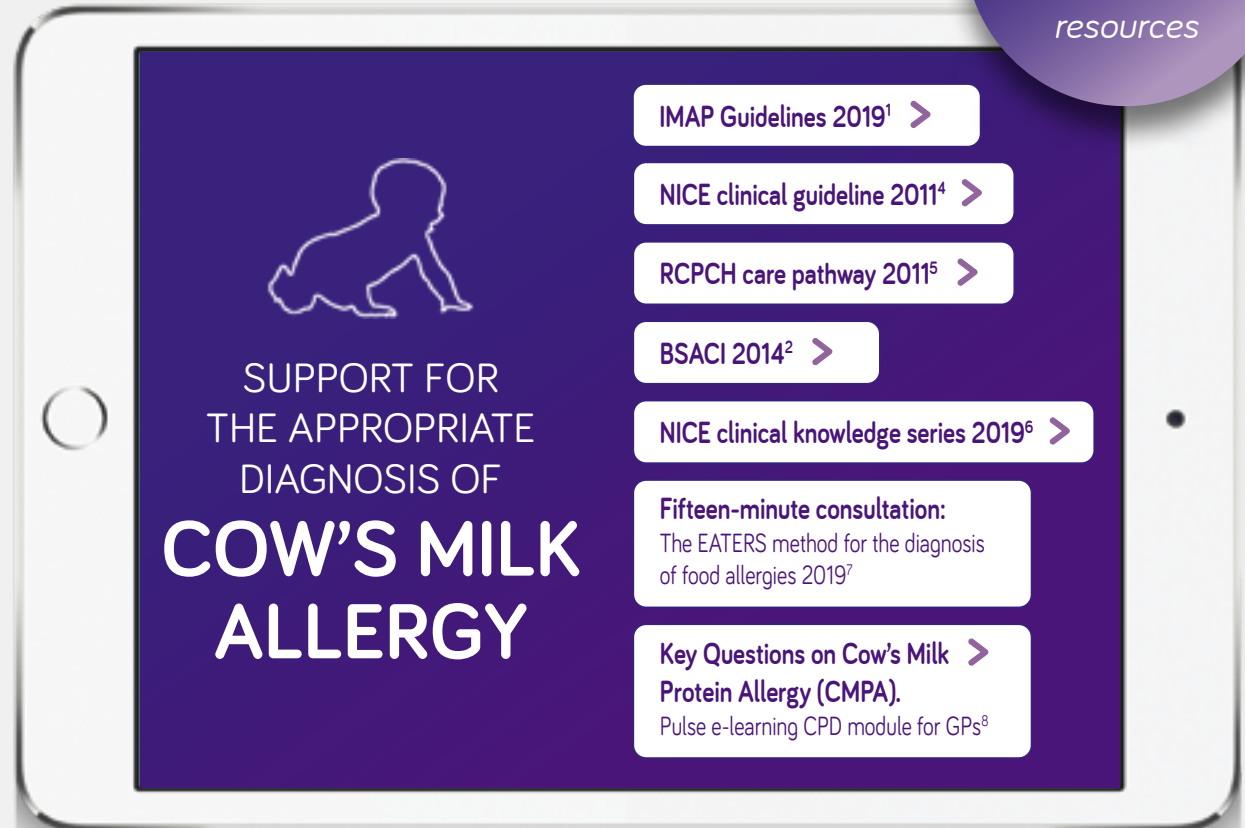
#### OTHER SYMPTOMS

- unsettled
- feed refusal
- taking a long time to feed
- inconsolable crying
- anaphylaxis
- faltering growth

### THERE ARE SEVERAL RESOURCES AND GUIDELINES

available to healthcare professionals to ensure that the correct diagnosis is made.

**FOLLOW THESE LINKS**  
to view validated tools and resources



1. Fox *et al.* Clin Transl Allergy. 2019;9:40 2. Luyt *et al.* Clin Experimental Allergy. 2014;642-672 3. Koletzko *et al.* JPGN. 2012;2:221-229 4. NICE Clinical Guideline 116 (2011). London; www.nice.org.uk/guidance/cg116 [09/03/20] 5. RCPCH (2011); London; www.rcpch.ac.uk/resources/allergy-care-pathway-food-allergy [09/03/20] 6. NICE Clinical Knowledge Summaries. Cow's milk allergy in children (2019); London;https://cks.nice.org.uk/topics/cows-milk-allergy-in-children [09/03/20] 7. Lajeunesse *et al.* Arch Dis Child Educ Pract Ed. 2019;104(6):286-291 8. Pulse Learning CPD for GPs. www.pulse-learning.co.uk/course/index.php?categoryid=260 [09/03/20]