

# Amino Acid-Based Feed for Treating Cow's Milk Allergy



## Patient Profile

**AGE** ↑ Age: 3 months    **Gender:** Male<sup>1</sup>    **Weight:** 3 Kgs<sup>1</sup>

## History

- Born healthy<sup>1</sup>
- Diarrhea and frequent stool (10-15 daily)- till one month of age<sup>1</sup>
- No established breastfeeding<sup>1</sup>
- Poor weight gain<sup>1</sup>
- Fed with cow's milk<sup>1</sup>

## Patient complaints

- Irritable, weak<sup>1</sup>
- Fever 37.9°C for >1 week<sup>1,3</sup>
- Watery loose stools with blood and mucus<sup>2</sup>
- Vomiting<sup>2</sup>
- Reduced urine frequency<sup>2</sup>
- Hives<sup>3</sup>
- Facial flushing<sup>3</sup>

## Patient diagnosis

### Diagnosis of CMA was confirmed

- SPT with cow milk protein- Positive; 8 mm wheal size<sup>3</sup>
- Open oral food challenge with cow's milk feed led to vomiting<sup>4</sup>

## Management

The main treatment objectives were to resolve the symptoms and promote/sustain overall growth.<sup>5</sup>

CMA treatment- Elimination of cow's milk and dairy products<sup>3</sup>

In the 3-month-old patient<sup>4,5</sup>

EHF was recommended in the diet    Stool- soft and yellow; ease in passing

The patient symptoms did not improve, as EHF was not tolerable<sup>4,5</sup>

- Showed body rash
- Diarrhea (6-7 times a day)
- Growth rate slowed
- Bloating
- Restlessness
- Irritability

Patient's red flag indicators- EHF response and faltering growth, indicated need for an AAF<sup>5</sup>

After initiation of AAF, the infant's<sup>5</sup>

- Average feed intake improved
- Gained weight
- Needed no stool softener

AAF reduced the chance of- **EHF failure and weight loss<sup>1</sup>**



## Report at 4-month visit

- Irritability improved<sup>1</sup>
- Weight gradually increased<sup>1</sup>
- Stool consistency normalized<sup>1</sup>

## Key Takeaways



- AAF plays a critical role in nutritional management of CMA
- AAF helps in -
  - Normal growth and development
  - Resolving symptoms
  - Improving nutritional status

## Abbreviations

AAF: Amino acid-based feed; CMA: Cow's milk allergy; °C: Celcius; EHF: Extensively hydrolyzed feed; Kgs: Kilograms; SPT: Skin prick test

## References

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