

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



Patient Profile

Age: 3 months



Gender: Male¹



Weight: 3 Kgs¹

History



Born healthy¹



Diarrhea and frequent stool (10-15 daily)- till one month of age¹



No established breastfeeding¹



Poor weight gain¹



Fed with cow's milk¹



Patient complaints



Irritable, weak¹



Fever 37.9°C for >1 week^{1,3}



Watery loose stools with blood and mucus²



Vomiting²



Reduced urine frequency²



Hives³

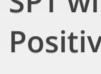


Facial flushing³



Patient diagnosis

Diagnosis of CMA was confirmed



SPT with cow milk protein-Positive; 8 mm wheal size³



Open oral food challenge with cow's milk feed led to vomiting⁴

Management

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



CMA treatment- Elimination of cow's milk and dairy products³



In the 3-month-old patient^{4,5}



EHF was recommended in the diet



Stool- soft and yellow; ease in passing



The patient symptoms did not improve, as EHF was not tolerable^{4,5}



Showed body rash



Bloating



Diarrhea (6-7 times a day)



Restlessness



Growth rate slowed



Irritability



Patient's red flag indicators- EHF response and faltering growth, indicated need for an AAF⁵



After initiation of AAF, the infant's⁵



Average feed intake improved



Needed no stool softener



Gained weight



AAF reduced the chance of EHF failure and weight loss¹



Report at 4-month visit

Irritability improved¹

Weight gradually increased¹

Stool consistency normalized¹

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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