Does Having a Sibling With a Cow's Milk Allergy Cause a Decrease in Consumption of Milk and Dairy Products?

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Introduction

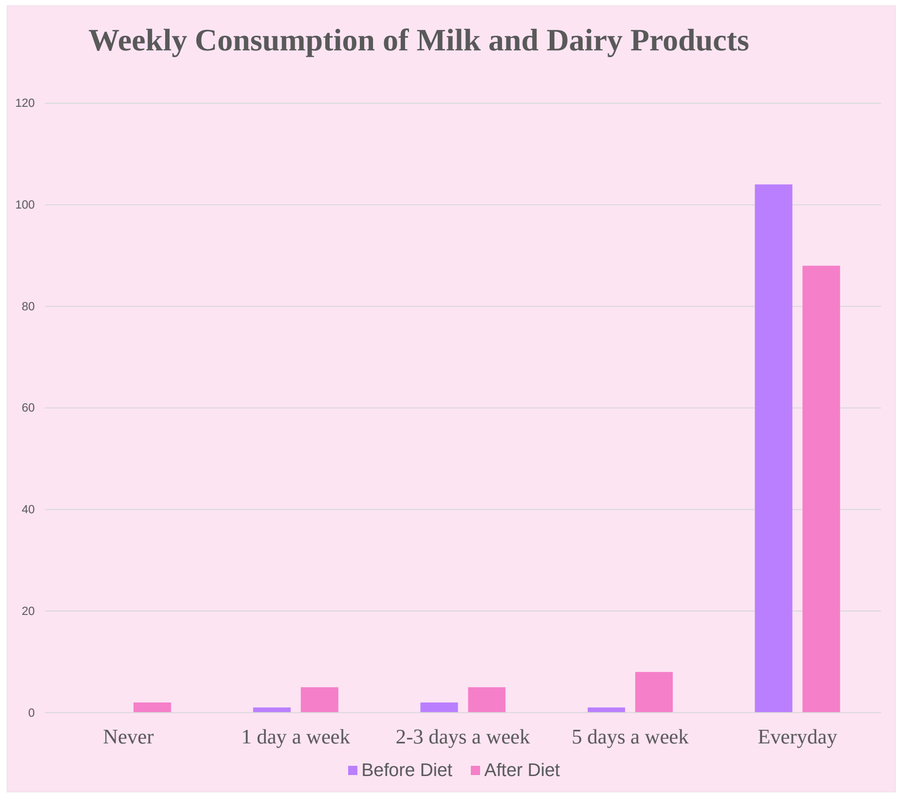
The prevalence of cow's milk allergy (CMA) has been increasing in children. As a current approach, elimination diet to milk and dairy products is the main treatment for patients with CMA. The aim of this study is to evaluate if having a sibling with CMA affects milk and dairy product consumption and eating habits for the children who do not have CMA and if having a child with milk allergy causes anxiety in the family for their healthy kids.

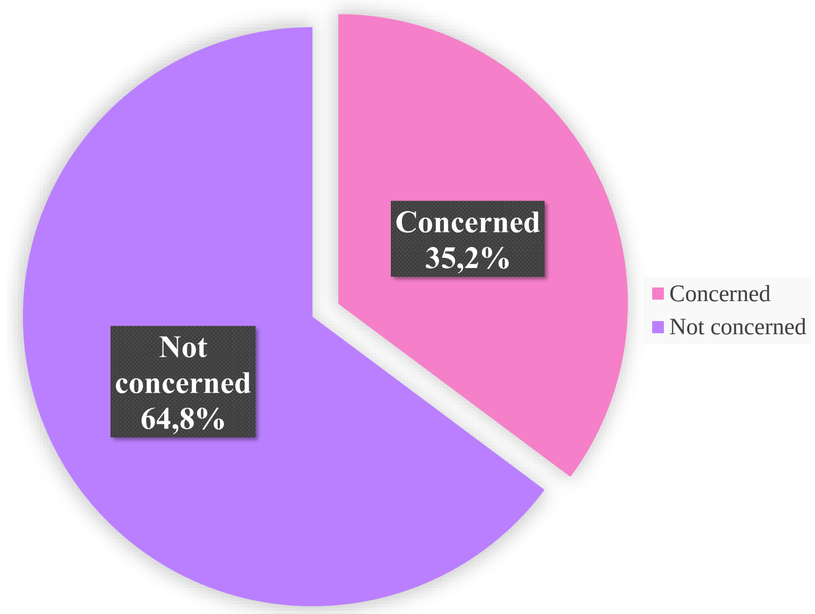
Material and Methods

In this research, a telephone survey was conducted on the parents of the children who had been diagnosed with CMA for the last 2 years in the Bezmialem Vakıf University Hospital and are still on elimination diet. Those whose diet has terminated, or those without a sibling or with a sibling that also had CMA were eliminated. Clinical data were obtained via hospital's digital system. The questionnaire was prepared for the healthy siblings.

Results

Totally 108 children were included. 54 of them were female (50%). The mean age was 8±5 years. After the diagnosis of their siblings, 104 of the healthy kids (96.3%) continued to consume milk and dairy products, though their weekly consumption had significantly decreased (p=0.008); and 4 (3.7%) were completely deprived. 93 of healthy siblings(86%) continued to consume milk-containing junk food. Furthermore 38 of the families (35.2%) stated their concern about their healthy kids' transition period to supplementary food.





Conclusion

In our study, though the siblings without CMA continued to consume milk and dairy products they had a statistically significant decrease in the frequency of consumption.
The high consumption of milk-containing junk food reduces the quality of their nutrition. Therefore, when a child is diagnosed with CMA; monitorization of his healthy siblings for their nutrition, regular growth and development may be advised to prevent potential complications.

References

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