The clinical and demographical characteristics of children who have been diagnosed with food allergy

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Aim: We aimed to search: the clinical and demographical characteristics of children who have been diagnosed with food allergy by pediatric allergy and pediatric gastroenterology clinics.

Methods: This study is performed between 2014 and 2016 in Yeditepe University Medical Faculty Departments of Pediatric Allergy and Pediatric Gastroenterology, to the children who have been following for food allergy and who were still on diet to the allergen food by evaluating the data from the patient files retrospectively.

Results: Among 114 children with food allergy 45 (39.5%) were girls and 69 (60.5%) were boys. The cases were divided into 6 groups, 0-1 years old, 1-2 years old, 2-4 years old, 4-6 years old, 6-8 years old and older than 8 years old. Among all cases 7% were (n=8) 0-1 years old, 20,2 % were (n=23) 1-2 years old, 39,5% were (n=45) 2-4 years old, 24,6%were (n=28) 4-6 years old, 2,6% were (n=3) 6-8 years old, 6,1% were (n=7) older than 8 years. Most of the patients were aged between 2-4 years. The most frequent food allergy was as follows: cow’s milk 60,5%, egg 47,4%, peanut 21,9% and multiple food allergy 51,8% respectively. The most frequent allergen accompanying cow’s milk was egg 24%. The most common complaint was cutaneous symptoms (atopic dermatit and/or urticarial) (57%), and the second was gastrointestinal system symptoms (proctokolitis, vomiting) (23,7%). Antihistaminic drugs were used to 54 (47,7%) of the patients while the patients were symptomatic. When the family history was taken 37,7% of the patients’ first degree relatives had an allergic disease.

Conclusion: The most frequent food allergy is cow’s milk followed by egg. The frequency of peanut allergy is increasing. Food allergy should be kept in mind among children 2-4 years old who have dermatologic symptoms.