**Management of milk allergy in children**

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**Introduction:** Milk allergy is one of the most common food allergies in children, with an abnormal response by the body's immune system to milk and products containing milk. A true milk allergy differs from milk protein intolerance or lactose intolerance. Unlike a milk allergy, intolerance doesn't involve the immune system. Milk intolerance causes different symptoms and requires different treatment from a true milk allergy. A food allergen can also cause what's sometimes called a delayed food allergy.

**Aims:** The aim of this study was to evaluate this allergic manifestation in the youngest population, regardless of whether they are allergy to milk originated from mother milk or milk from domestic animals as cow, goat, sheep and other.

**Methods and Materials:** Data were collected to determine the preschool children patients’ allergies documented in the medical record. Two hundred and fifty six children with at least one documented milk allergy and twenty nine (11.37%) children who had a milk allergy while hospitalized or during examination and curing in pediatrics primary practice for five years period from 2011 to 2015 in Sarajevo.

**Results:** Percentage of manifestation of milk allergy are 34.50% dermatologicals reaction as skin rash, eczema, or urticaria, 57.53% as abdominal cramps, nausea, vomiting, or diarrhea, 3.31% as coughing, sneezing, wheezing, or runny nose, 2.93% swelling of the face, mouth, tongue, or throat as angioedema, 1.38% an itching sensation in the throat, and 0.35% anaphylaxis as very rarely. Children who are allergic to milk are more likely to develop certain other health problems, including: allergies to other foods - such as eggs, soy, peanuts or even beef or hay fever - a common reaction to pet dander, dust mites, grass pollen and other substances.

**Conclusions:** Milk allergy is common, potentially severe and rarely resolves causing impaired quality of life in children. Avoidance and correct identification of milk to which a child is allergic should be part of an overall educational plan. There are not significant differences in the clinical presentation and treatment between cows’ milk or goats’ milk or sheep milk, but there are significant differencies with mother human milk allergy.