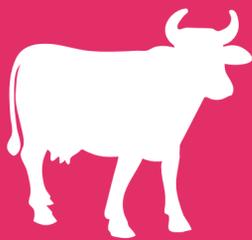


COW'S MILK ALLERGY IN BABIES: FAST FACTS

This infographic will focus on a type of non-IgE mediated CMA - Food protein-induced allergic proctocolitis (FPIAP).



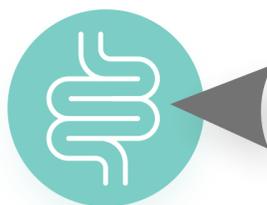
Cow's Milk Allergy (CMA) is an immune-mediated reaction to one or more bovine proteins found in **cow's milk and dairy products**.



Every time a baby drinks milk or eats dairy products, the body thinks these proteins are harmful invaders causing them to have a reaction.

Up to 4% of children across Canada are impacted by CMA.

SIGNS & SYMPTOMS:



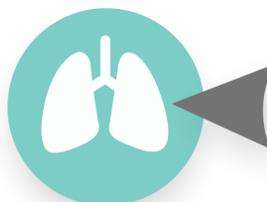
Gastrointestinal

- Blood and/or mucus in stool
- Reflux and regurgitation
- Looser stools
- Gas
- Abdominal pain



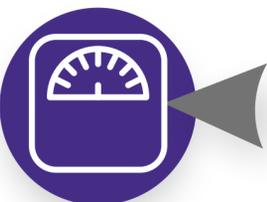
Skin

- Itchy Rash
- Hives
- Swelling of the tongue or face
- Eczema



Respiratory

- Breathing Difficulties
- Runny Nose
- Wheezing
- Chronic Coughing



General

- Anaphylaxis
- Poor weight gain
- Irritability/Colic
- Feeding difficulties

TYPES OF CMA:

1. **IgE-mediated cow's milk allergy.** Symptoms appear within a few minutes or up to two hours after exposure. Signs and symptoms can involve the skin, respiratory and gastrointestinal tracts, and/or cardiovascular system. Symptoms can range in severity from mild to life-threatening
2. **Non-IgE-mediated cow's milk allergy.** Symptoms can appear hours or days after exposure. Symptoms typically isolated to the gastrointestinal tract and/or skin.
3. **Mixed allergic reaction.** Symptoms appear either quickly within minutes or a few days after consuming cow's milk protein. Symptoms typically isolated to the gastrointestinal tract and/or skin.



CMA is different than Lactose Intolerance

- CMA is a reaction to the **protein** in milk involving the immune system.
- Lactose intolerance is a reaction to the **sugar (lactose)** in milk.
- Therefore, lactose-free milk would not be helpful for a baby with suspected CMA.

MANAGING CMA - FPIAP:

- **Breastfed:** Babies can be breastfed even if the baby has a diagnosis of CMA. The mother must strictly remove milk and milk products from her diet for a minimum of two weeks.
- **Formula-Fed:** Traditional formula must be replaced with a hypoallergenic extensively hydrolyzed formula.
- **Soy-Fed:** Soy formulas can be given to babies over the age of six months who have a diagnosis of CMA if there is no cross-reactivity to soy.



CMA usually resolves by the age of **1**

If you suspect your baby has CMA, visit your family doctor or pediatrician to confirm the allergy.

If your baby is experiencing severe symptoms (lethargy, paleness, dehydration), **visit the emergency department for immediate care.**

