

# LET'S PUT SMILES BACK WHERE THEY BELONG

**Eczema? Vomiting? Diarrhoea?**

Ask your doctor about cow's  
milk protein allergy



NestléHealthScience



Sometimes by just asking the simple question

*"could it be cow's milk protein allergy or other possible food allergies?"*

you could solve the endless battle that you and your baby are going through.

Your healthcare professional and Nestlé Health Science are here to help.

In this brochure you will see the experiences of other parents going through this difficult time, as well as an introduction to cow's milk protein allergy as a whole. You will also discover that once diagnosed, the symptoms can be relatively simple to manage.

We hope this brochure provides some support and answers some of the questions we know you may have.

*Don't let cow's milk protein allergy*

**TURN YOU AND YOUR BABY'S  
WORLD UPSIDE DOWN**



## *A normally happy time* **CAN BE FILLED WITH STRESS**

**Food allergies can be a long and painful journey** for both you and your baby.

Read below some stories of other parents that may be experiencing the same emotions as you are right now, and know that **you are not alone**.



"My 3 month old **cries a lot** after feeds. My mum thought it was a bit of colic, but after searching on the internet and talking to friends, I'm concerned that it's something more serious."

*Ingrid, Germany*



"My little one is wheezing and has really **bad eczema**. It looks so sore. I can't get to the bottom of what's causing it."

*Tingting, China*



"My 4 month old has **diarrhoea and little raised red spots on his body**. I've tried different feeding options now but nothing seems to help."

*Gonzalo, Mexico*



"My little boy has **diarrhoea and a nasty nappy rash**. He sleeps very poorly too. I don't know where to turn, and I feel really guilty that I'm doing a bad job as his mother."

*Tina, USA*

Testimonials are fictitious but the symptoms reported have been adapted from those observed in practice.



## *What is* **COW'S MILK PROTEIN ALLERGY?**

Of all the infant food allergies, **cow's milk protein allergy or CMPA** is one of the most common, affecting up to 3% of infants in the first year of life. Although thankfully nearly half of the children affected by CMPA grow out of it at 1 year, and two-thirds at 2, we understand that in the initial stages it can be a **very difficult and worrying time for you as a parent**.

**Food allergies such as CMPA** can affect anyone, however those infants with a family history of allergy are at higher risk.

**CMPA occurs when a baby's immune system reacts negatively to the proteins in cow's milk.** If breastfed, the reaction is to the milk protein passed from the mother through the breast milk, and if formula-fed, the reaction is to the milk protein in the formula. In both cases the body's immune system sees these proteins as foreign, and in an effort to protect itself, **the body releases natural substances, such as histamines, which cause the allergic symptoms** that your baby might be experiencing.

**These symptoms** can appear immediately i.e. within minutes of ingesting cow's milk, or after several hours or days depending on the nature of the reaction.



## **ENDING THE MYTH**

**Cow's milk protein allergy and lactose intolerance are not the same thing!**

Although some symptoms are similar, lactose intolerance is an inability to digest the 'sugar' lactose found in both cow's milk and breast milk, whereas CMPA is an immune reaction to certain 'proteins' within these milks. Furthermore, lactose intolerance is extremely rare before 3 years of age, even in those with CMPA.

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## What symptoms

### SHOULD YOU LOOK OUT FOR IN COW'S MILK PROTEIN ALLERGY?

As a parent you know when your little one is not happy or in pain. However due to the wide range of symptoms linked to CMPA, it can make finding the **cause of this discomfort a challenge**. On top of this, every case of CMPA is unique, so it helps to be aware of all the possible symptoms to look out for.

There are 4 main categories of signs and symptoms for CMPA\*:

#### DIGESTIVE

- Vomiting
- Frequent regurgitation (bringing up food into the mouth)
- Reflux
- Refusal to feed
- Colic (linked to inconsolable crying\*\*)
- Diarrhoea (with or without blood)
- Constipation
- Dysphagia (difficulty swallowing)
- Stomach pain

#### RESPIRATORY

- Wheezing or difficulty breathing
- Runny nose
- Chronic cough (persistent)

Diagnosis of CMPA should be made by a medical professional

#### SKIN

- Urticaria (hives, rash with raised red lumps)
- Angioedema (swelling of lips or eyelids)
- Eczema (dry, scaly or itchy and red skin)

#### GENERAL

- Fatigue
- Lethargy
- Restlessness
- Distress
- Poor sleeping
- Anaphylaxis (occurs in severe cases; a rapid reaction causing swelling and itchy rash)

\*Adapted from the European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) guidelines 2012.

\*\*Infantile colic is associated with excessive crying over a regular period during the day and is sustained for the first few months of life.

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## Nutritional solutions are available

### IF YOUR BABY IS DIAGNOSED WITH COW'S MILK PROTEIN ALLERGY

The good news is that once diagnosed, CMPA is relatively simple to manage. The key is to **seek support from a healthcare professional as early as possible in the journey to ensure an early correct diagnosis and start on an elimination diet**.

In doing this, your baby will be recommended the right nutritional solution sooner, and you will be reassured that they are getting the nutrients they need to stay healthy.

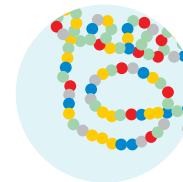
There are several options that you may discuss with your healthcare professional to help manage CMPA:

**Breastfeeding:** Breastfeeding is the best way of feeding your baby during the first months of life and is preferred whenever possible. It is also the preferred choice of feeding for a baby with CMPA. In very rare cases, however, even a breastfed baby can develop symptoms of CMPA. In such cases it may be enough for you as a breastfeeding mother to abstain from consuming milk and dairy products while still breastfeeding as the milk protein can cross over into the breast milk. This usually requires qualified dietary counseling to completely exclude hidden sources of cow's milk protein, while at the same time to ensure that you have a nutritionally balanced diet.

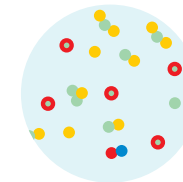
**Special formulas:** Sometimes the allergic symptoms don't improve even after eliminating dairy products from your diet and there may be a need for a special formula. If a decision to use a special formula intended for babies with CMPA is taken, it should only be done under medical supervision after full consideration of all the feeding options, including breast feeding.

There are two types of special formula suitable for CMPA:

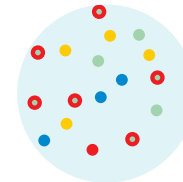
Normal cow's milk protein formula



Extensively hydrolysed formula



Amino acid formula



#### Extensively hydrolysed formula (eHF):

An eHF is made by hydrolysing cow's milk to break down the milk proteins into small particles so they are less allergenic than whole milk formulas. For most infants and young children, this formula is effective and well tolerated.

#### Amino acid formula (AAF):

An AAF contains amino acids which are the building blocks of protein. AAFs may be recommended if your baby is severely allergic or if their symptoms are not improving on an eHF.



**BE PREPARED** for your next health visit - Go online to see if any of your baby's symptoms could be related to CMPA.



#### IMPORTANT NOTICE:

Breastfeeding is best for babies. Formula for special medical purposes intended for infants must be used under medical supervision after full consideration of breastfeeding as the first option. If a decision to use a special formula intended for infants is taken, it is important to follow the preparation directions on the label exactly. Unboiled water, unboiled bottles or incorrect dilution can make your baby ill. Incorrect storage, handling, preparation and feeding can eventually lead to adverse effects for the health of your baby.

## Your baby is unique

### AND SO IS THEIR ALLERGY MANAGEMENT

Do not start to experiment with a cow's milk free diet for your baby without recommendation and guidance from a healthcare professional. When it comes to managing your baby's allergy, your healthcare professional will recommend the most suitable solution for your child. Once you have spoken to your healthcare professional and started on an elimination diet (your diet if you are breastfeeding or your baby's diet if breastfeeding is not an option), your baby's symptoms should normally ease within 2 to 4 weeks.

At a later stage, your healthcare professional will then encourage you to gradually introduce cow's milk protein back into your baby's diet to test their tolerance.

#### INTRODUCING SOLID FOODS:

In the first six months of your baby's life, exclusive breastfeeding is the preferred choice. In case breastfeeding is not an option, your baby will be recommended a special formula for babies with CMPA. In most cases the special formula is enough as the sole source of nutrition up to 6 months of age. Thereafter it is time to introduce solid foods.

Even in babies without allergies, moving from liquids onto solids can be a bit daunting.

In babies with CMPA, whilst it is important to continue avoiding cow's milk, you may also worry about giving other allergy triggering foods such as eggs or fish. The good news is that you can introduce solid foods to your baby with CMPA just as you would with a non-allergic baby.

The key is to go slowly and introduce one new food at a time. Then if your baby has an allergic reaction, it's easier to find out which food is responsible. Always consult your healthcare professional before starting to introduce solid foods.



**INFANTS AND CHILDREN** can also suffer from multiple food allergies, not only to cow's milk protein. For an appropriate diagnosis and formula recommendation, always speak to your healthcare professional.

## Putting the smiles

### BACK WHERE THEY BELONG



#### Sarah, mother of Luca

*"My little boy started off with a painful, itchy, red rash on his cheeks that spread quickly to his chin, ears and neck. He was constantly scratching his face, crying a lot and had trouble sleeping. He was so miserable, I hated seeing him suffer. After trying a few different treatments, our doctor recommended a specialised formula that we were told is for infants who are allergic to cow's milk.*

*We discovered that for Luca, his allergy had manifested itself as eczema. In under a week, Luca's rash improved, he was sleeping better, crying less and the rash had gone down.*

**I'm so much calmer now that he's feeling better and knowing that he's getting the necessary nutrients he needs. We're able to get back to enjoying life again, as a family."**

#### Gisele, mother of Julie

*"When she was a month old Julie was so unwell, she had terrible diarrhoea and colic, and she used to cry constantly. The whole family hardly got any sleep let alone Julie. She was not thriving the way she should, it was horrible to see her so distressed.*

*I spoke to my doctor who decided to put her on a specialised formula. After a short while it was clear that her symptoms were not getting any better, so the doctor then switched her onto another type of specialised formula that was even less allergenic. Within two weeks of trying this new formula, I saw a difference. Julie was finally able to sleep through the night and she was also beginning to gain some weight, improving on all her growth curve measurements.*

**Our lives were transformed and Julie was able to be the happy, fun-loving baby I knew she could be."**



Testimonials are fictitious but the symptoms reported have been adapted from those observed in practice.

## What TO DO NEXT...

If you think your baby is suffering from the symptoms of cow's milk protein allergy or other possible food allergies, **set up an appointment with your healthcare professional** to talk this through.

Once this process has started, the stresses and strains of worrying about what may be wrong with your child will soon be over, and you can get on with enjoying quality time together.

We understand that at times like this you want to have all the information at hand. To help, below is a list of resources that may be useful to find out more about CMPA.



NESTLÉ HEALTH SCIENCE WEBSITE



CONSUMER SERVICES



ORGANISATIONS AND PATIENT ASSOCIATIONS

Section to be adapted locally

## My baby's CMPA SYMPTOMS DIARY

Because cow's milk protein allergy and other food allergies are difficult to diagnose, **it's important to try and track any patterns that may exist in your baby's behaviour**; be it after a feed, at night or nappy changes.

**Bring this along to your next health visit to help better prepare for your appointment and to help your healthcare professional make a diagnosis.**

NAME ..... FEED DETAILS  
AGE ..... Type of feed (name)  
DATE .....

### TIMES OF FEED AND VOLUME INGESTED (ml)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### SIGNS AND SYMPTOMS\*

#### DIGESTIVE

- Vomiting
- Frequent regurgitation
- Reflux
- Refusal to feed
- Colic (linked to inconsolable crying\*\*)
- Diarrhoea (with or without blood)
- Constipation
- Dysphagia
- Stomach pain

#### RESPIRATORY

- Wheezing or difficulty breathing
- Runny nose
- Chronic cough

#### SKIN

- Urticaria
- Angioedema
- Eczema

#### GENERAL

- Fatigue
- Lethargy
- Restlessness
- Distress
- Poor sleeping

### NAPPY CHANGES

Number of nappy changes .....

Colour and consistency of stool .....

\*Based on the European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) guidelines 2012.  
\*\* Infantile colic is associated with excessive crying over a regular period during the day and is sustained for the first few months of life.



**GO TO** [www.nestlehealthscience.com/cmpa](http://www.nestlehealthscience.com/cmpa) to print more 'My baby's CMPA diary' pages. Bring it to your next appointment!



*Remember to ask your healthcare professional*  
**ABOUT COW'S MILK PROTEIN ALLERGY**



**NestléHealthScience**

Where Nutrition Becomes Therapy

[www.NestleHealthScience.com/cmpa](http://www.NestleHealthScience.com/cmpa)

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