

RECURRENT RESPIRATORY INFECTIONS IN CHILDREN WITH FOOD ALLERGY - ARE THERE ANY SPECIFIC FEATURES?

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BACKGROUND

Epidemiological data indicates that the incidence of food allergy (FA) in children is increasing. Initially it affects skin and gastrointestinal tract in infants and young children. It can also may has impact in recurrent respiratory tract infections and early onset asthma.

AIM

The aim of the study was to analyze which factors increase the risk of frequent respiratory infections.

METHODS

A retrospective study to assess the clinical data of patients under 3yo referred to our Department between I 2018 and IX 2019 due to FA was conducted. Statistical analysis was conducted.

RESULTS

We included 219 children with FA into the analysis. The most frequent allergens were: egg, cow's milk, chicken. Recurrent respiratory tract infections (RRI) were observed in 39 (17,8%) patients. In children with RRI, IgE mediated FA was more frequent than non-IgE mediated (53,85% vs 46,15%). Atopic dermatitis was observed in 66,7% in group with RRI and in 74,4% with patients without infections. Significantly less patients suffering from RRI were born premature (2,56% vs 12,22% respectively). There were no difference between both group in weight deficiency.

CONCLUSION

The most common food allergens in analysed group of young children were egg, cow's milk protein and chicken.

IgE dependent allergy may increase the risk of relapse of respiratory tract infections in children with FA, but the difference was not statistically significant.

The frequency of RRI was observed less often in premature children with FA.

The weight deficiency has no effect on the tendency to develop respiratory infections.