

THE SPECTRUM OF CLINICAL MANIFESTATIONS OF FOOD ALLERGY IN CHILDREN

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Introduction

Food allergy is an immune-mediated hypersensitivity reaction that occurs as a result of exposure to a particular food allergen and occurs through cutaneous, respiratory, digestive and in other organs and systems, caused by I, III or IV types of immune reactions (Image 1).



Image 1. Food allergy in children

Keywords

food allergy, pediatrics, descriptive study

Purpose

Assessment of the spectrum of clinical manifestations in patients with Ig E-mediated food allergy (history of allergy, elimination test, specific Ig E) in correlation with the spectrum of sensitivity (clinical and laboratory methods).

Material and methods

The descriptive study included 80 children aged 0-17 years with Ig E-mediated food allergy. Patients were subjected to questionnaires, which included anamnestic data, disease history, the influence of factors predisposing to the onset and progression of food allergy and complex clinical-evolutionary and laboratory examination for 1 year.

Results

Sensitization of children to food changes with age: up to 7 years predominates sensitization to cow's milk, after 8 years - to cereals. According to the main clinical symptoms of food allergy, children were divided into 4 groups: with isolated skin lesions - 47%; with gastrointestinal manifestations - 30%; with respiratory manifestations - 21%; with other manifestations - 2%. In 1/3 of cases, polyorganic clinical manifestations were found. As the duration of the disease increases, there is a likelihood of polyorganic manifestations. A direct correlation was observed between clinical manifestations and sensitization to allergens and the predominance of immuno-pathological reactions.

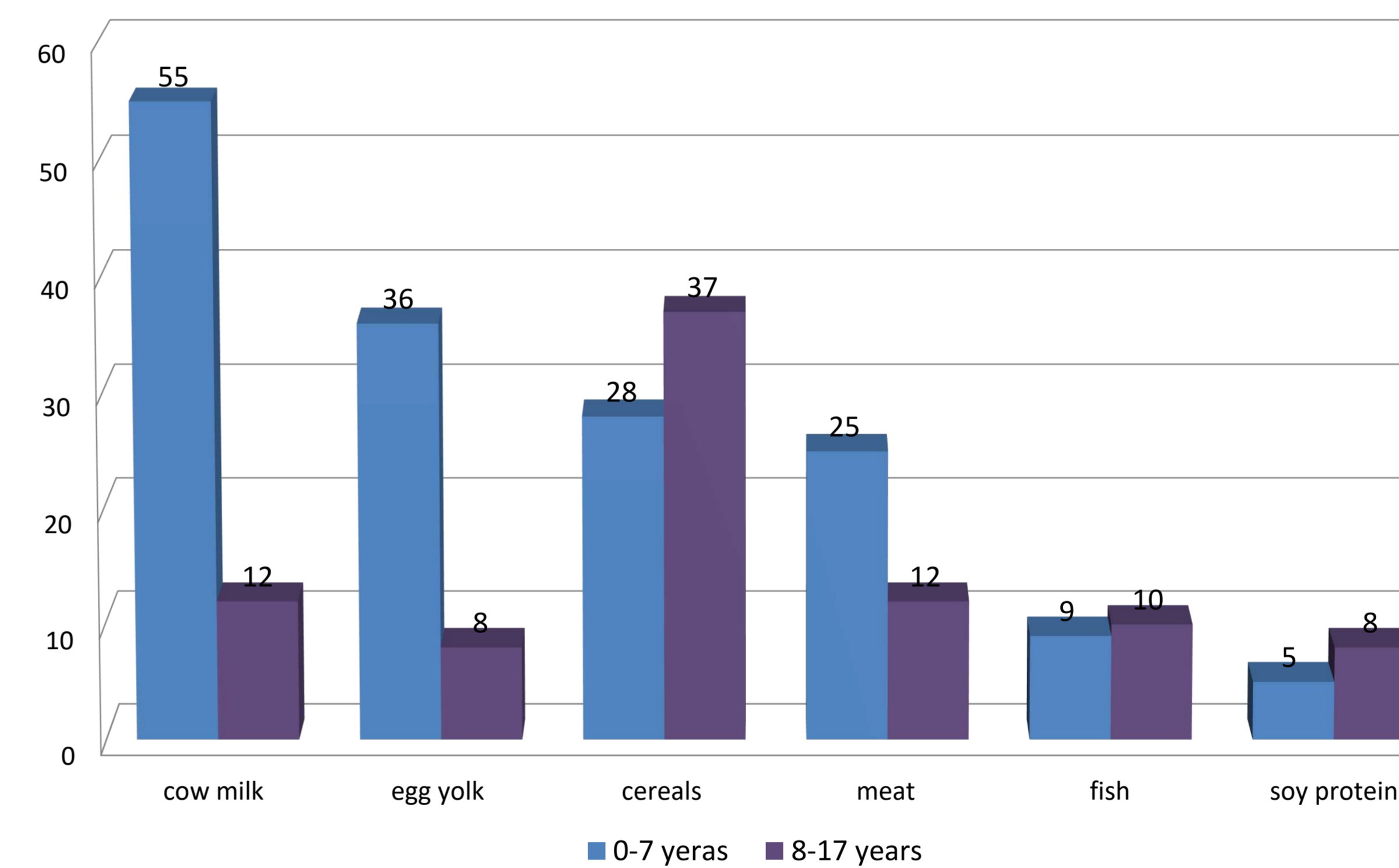


Figure 1. Sensitization of children to food

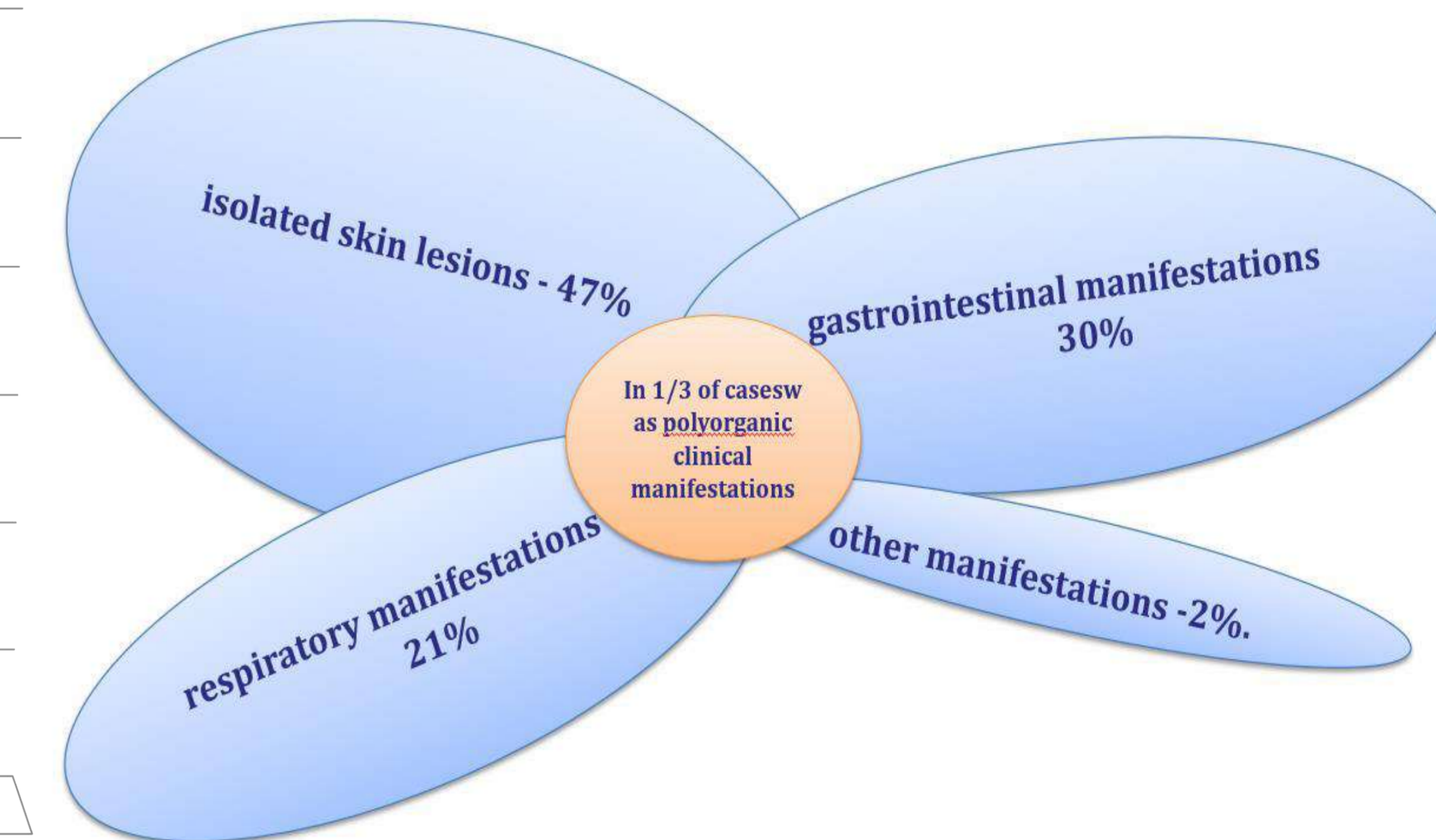


Figure 2. Division of patients according to clinical manifestations

Conclusions

The spectrum of clinical manifestations of food allergy in children is directly correlated with the spectrum of sensitization. Both the variability of food sensitization and the spectrum of clinical manifestations can change as the child grows.