

Milk

Many young children outgrow an allergy to milk within the first decade of life. However, some will remain at risk, and should follow key safety rules such as carrying epinephrine at all times.

Milk allergy is caused by a reaction to the protein in cow's milk.

Other names for milk:

- Ammonium/calcium/magnesium/potassium/sodium caseinate, Casein/caseinate/rennet casein, Curds, Delactosed/demineralised whey, Dry milk/milk/sour cream/sour milk solids, Hydrolyzed casein, hydrolyzed milk protein, Lactalbumin/lactalbumin phosphate, Lactate/lactose, Lactoferrin, Lactoglobulin, Milk derivative/fat/protein, Modified milk ingredients, Opta™, Simplese® (fat replacers), Whey, whey protein concentrate

Possible sources of milk:

- Artificial butter, butter fat/flavour/oil, ghee, margarine, Baked goods and baking mixes
- Brown sugar, high protein flour, Buttermilk, cream, dips, salad dressings, sour cream, spreads
- Caramel colouring/flavouring, Casein in wax used on fresh fruits and vegetables
- Casseroles, frozen prepared foods, Cereals, cookies, crackers, Cheese, cheese curds, cottage/soy cheese
- Chocolate, Desserts, Egg/fat substitutes, Flavoured coffee, coffee whitener, non-dairy creamer
- Glazes, nougat, Gravy, sauces, Kefir, kumiss (fermented milk drink) and malt drink mixes
- Meats such as deli meats, hot dogs, patés and sausages, Pizza, Instant potatoes,
- Soups, soup mixes, Soy cheese, Seasonings, Snack foods

Non-food sources of milk:

- Cosmetics, Medications, Pet food

Ingredients that do not contain milk:

- Calcium/sodium lactate
- Calcium/sodium stearoyl lactylate
- Cocoa butter
- Cream of tartar
- Oleoresin

Milk allergy symptoms

Differ from person to person, occur a few minutes to a few hours after drinking milk or eating milk products.

Immediately after consuming milk, signs and symptoms of a milk allergy might include:

- Hives
- Wheezing
- Vomiting

Signs and symptoms that may take more time to develop include:

- Loose stools, which may contain blood, Diarrhea, Abdominal cramps
- Coughing or wheezing, Runny nose, Watery eyes
- Itchy skin rash, often around the mouth
- Colic, in babies



Milk allergy or milk intolerance?

It's important to differentiate a true milk allergy 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. Common signs and symptoms of milk protein or lactose intolerance include digestive problems, such as bloating, gas or diarrhoea, after consuming milk or products containing milk.

Anaphylaxis

Rarely, milk allergy can cause anaphylaxis, a life-threatening reaction that can narrow the airways and block breathing. If you or your child has a reaction to milk, tell your doctor about it no matter how mild the reaction was. Tests can help confirm a milk allergy, so you can take steps to avoid future and potentially worse reactions. Anaphylaxis is a medical emergency and requires treatment with an epinephrine (adrenaline) shot and a trip to the emergency room. Signs and symptoms start soon after consuming milk and can include:

- Constriction of airways, including a swollen throat that makes it difficult to breathe
- Facial flushing
- Itching
- Shock, with a marked drop in blood pressure

When to see doctor

See a doctor or allergist if you or your child experiences milk allergy symptoms shortly after consuming milk. If possible, see your doctor when the allergic reaction is occurring. This will help the doctor make a diagnosis. Seek emergency treatment if you or your child develops any signs or symptoms of anaphylaxis.



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