Title: Gastroesophageal reflux and food allergy in infants with wheezing

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Introduction and background. Gastroesophageal Reflux (GER) and food allergy (FA), especially cow milk allergy, are common in the first year of life. Both are usually presented by similar symptoms: vomiting, regurgitation, failure to thrive, anemia, infant colic. Sometimes chronic cough and persistent wheezing is only symptom of GER. FA has considered as possible cause of GER and associated respiratory symptoms. The relation between GER, FA and respiratory problems in infants is not well established. Aim and objectives. Dependence between GER and FA in infants with wheezing in the first 24 months of life.

Methods. During 2006-2011 years we studied 128 children with chronic cough and persistent wheezing. Median age was 8,5 months. Clinical history showed that 52 had concomitant symptoms of suspected FA: atopic dermatitis 31 (24,5%), diarrhea 8 (6,2%), rhinitis 6 (4,6%), urticaria 9 (7%), combination of two or more symptoms 15 (11,7%). 47 had concominant symptoms of suspected GER (persistent regurgitation and vomiting). 29 had only respiratory problems. Results. GER was found in 63,9% of patients. 26,5 % had at least one laboratory parameter outside laboratory limits: positive skin prick 31, eosiniphilia in nasal or sputum secrets 12, increased circulating EgE 16, specific EgE 10. Conclusion. Patients younger than 24 months with GER and respiratory symptoms should be evaluated for food allergy. There is connection between GER and FA (specially cow milk allergy). Atopy and positive tests can help to separate GER patients for need of elimionation diets.