

## Cow Milk Protein Allergy; Update and Challenges

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### Abstract

Cow's milk protein allergy (CMPA) is caused by a reproducible immune-mediated response to milk proteins and tends to present during the first few months of life. This response can vary significantly from an immediate reaction within 2 hours of ingestion to a more delayed reaction, which can occur anywhere between 2 and 72 hours later. A delay in diagnosis can cause significant child and parental distress, while overdiagnosis can lead to an unnecessary elimination diet. CMPA can be confused with lactose intolerance which is a non-immune mediated response as a result of lactase enzyme deficiency. We review the diagnosis and management of CMPA in this article along with future directions.

### Biography

Mahmoud Metwaly Taha has a master degree in paediatrics and neonatology awarded from Zagazig university, Zagazig, Egypt. Currently working as senior neonatologist at Saudi German Hospital, Aseer, KSA.