



Allergy Q&As

There has been a steady increase in the prevalence of allergic diseases worldwide

1 Some of the possible causes?

1. "Hygiene Hypothesis" - are we too clean?

Significantly reduced infant exposure to bacterial infection and a disrupted microbiome



Default allergic immune responses to common environmental allergens that are supposedly harmless

2. Reduced fresh fruit, vegetable and fish intake

Lowered fibre intake and altered omega-3 and omega-6 polyunsaturated fatty acid ratios

3. Reduced sunlight exposure

Leading to vitamin D insufficiency

2 Potential role of human milk?

Bioactive factors present in human milk, such as proteins, polyunsaturated fatty acids, human milk oligosaccharides (HMOs), micronutrients, microbial content



Influence infant's gut immune maturation, and chronic allergic disease risks

3 High risk foods should not be provided to babies?

According to the latest guidelines for Asian babies, potentially allergenic foods such as eggs, peanuts and shellfish do not need to be delayed during complementary feeding, even for those at risk or already have eczema

Reference: 1. Munblit D et al. Nutrients. 2017;9:894. 2. Tham EH et al. Pediatr Allergy Immunol. 2018;29:18-27.

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