

## Suitable infants are those who are:

- 3 months to 12 months old; AND
- With one or more parents with allergic diseases including allergic rhinitis, asthma, eczema or food allergies; or
- With existing eczema; or
- With existing food allergies

<sup>1</sup> Learning Early About Peanut Allergy. <http://www.leapstudy.co.uk/>

<sup>2</sup> Enquiring About Tolerance Study. <http://www.eatstudy.co.uk/>

<sup>3</sup> Fleischer, D.M., et al., *Consensus communication on early peanut introduction and the prevention of peanut allergy in high-risk infants.* World Allergy Organ J, 2015. 8(1): p. 27.



- # All payments are non-refundable.
- # Prices are subject to change without prior notice.
- # This programme is generally not covered by health insurance.

# 過敏病科中心 Allergy Centre

For enquiries and appointments,  
please contact us at:

### Allergy Centre

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### Service Hours

Mon, Tue, Thu & Fri : 9:00 am – 6:00 pm  
Wed & Sat : 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays

[www.hksh-hospital.com](http://www.hksh-hospital.com)

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## Preventing Food Allergies

ALC042|HE-02-112018



養和醫院  
Hong Kong Sanatorium & Hospital

過敏病科中心  
Allergy Centre

## Background

The prevalence of food allergy in children has been increasing over the past two decades despite the efforts of delaying introduction of allergenic foods in children's diets. In fact, recently the LEAP<sup>1</sup> and EAT<sup>2</sup> studies have clearly pointed out that delayed solid feeding does not prevent food allergy, and they have also highlighted the importance of early introduction of foods in patients in food allergy prevention.

The LEAP<sup>1</sup> study compared the effects of peanut consumption and peanut avoidance towards the development of peanut allergy in high risk infants. The study found that peanut consumption starting at infancy can reduce the risk of peanut allergy by 80%. Results also showed that peanut avoidance is not the best practice in food allergy prevention in high risk infants, while early and sustained consumption of peanuts was more effective.

The EAT<sup>2</sup> study investigated the effect of early introduction of six allergenic foods, i.e., milk, egg, peanut, sesame, fish and wheat, in the general population in UK. About one fourth of the infants in the study had an allergic family history. The average time for early allergen introduction was 17 to 20 weeks. The results showed that early introduction reduced the incidence of food allergy toward one of these six foods for infants that followed the protocol closely, and the effect was especially strong in relation to peanut and egg.

These two studies have pointed us toward a new direction in infant feeding. Specifically, infants do not need to avoid or delay introduction of any solid food unless they have known allergic symptoms. On the other hand, timely solid feeding is essential for food allergy prevention. The idea of early introduction of solids has been recognized by many leading groups in food allergies, and consensus has been reached in the studies of peanut allergy<sup>3</sup>.

## Purpose of the EASE Programme

The EASE (Eating Allergens Safely and Early) programme is a 3-year food allergy prevention programme that aims to facilitate early introduction of allergenic foods in infants, alongside with breast feeding, in order to help lower the risk of food allergy. We aim to provide guidance and support to parents, so that their babies can consume certain foods in a safe and timely manner. However, there is no guarantee that a child will not develop a food allergy. If a child is diagnosed with any food allergy during the programme, **the child will be followed up by our allergist, and entitled to 10% discount of the consultation and treatment fees.**

## In This Programme

### Food Allergy Assessment

- Infants will be skin pricked on Rice and the following 5 food allergens at initial assessment, 1 year and 3 years old
  - Rice, milk, egg, peanut, fish and soybeans
- Infants will be assessed by allergist at initial assessment, 1 year and 3 years old
- Participants of the EASE programme are entitled to 10% discount for future oral food challenges

### Early Allergen Introduction

- Parents will be instructed on early solid and allergen introduction, which will be individualized based on the infants existing eczema / food allergy conditions
- Infants will be followed closely on their allergen introduction and food intake by our dietitians

### Nutrition assessment

- Infants will be assessed by dietitians periodically on growth and nutritional intake
  - Measurement of weight and height
  - Assessing nutritional needs and nutritional intake

**Mothers will be encouraged to continue breast feeding during solid introduction.**

## Table of Visits



	Doctor Consultation	Dietitian Consultation	Skin Prick Test
3-4 month	✓	✓	✓
5 month		✓	
6 month		✓	
7 month		✓	
8 month		✓	
9 month		✓	
10 month		✓	
11 month		✓	
1 Year	✓	✓	✓
15 month		✓	
18 month	✓	✓	
21 month		✓	
2 Year	✓	✓	
30 month		✓	
3 Year	✓	✓	✓