

The First Joint Symposium of the Hong Kong Society for Paediatric Immunology Allergy and Infectious Diseases (HKSPIAID) and Hong Kong Institute of Allergy (HKIA) entitled "Allergy Prevention Begins at Your Practice" was successfully held on 11 September 2015 at Mira Hotel. Dr. Alson Chan, Professor Ting-fan Leung and Dr. Alfred Tam had addressed us on the updates on this topic. The symposium was well attended with more than 200 participants.

Programme:

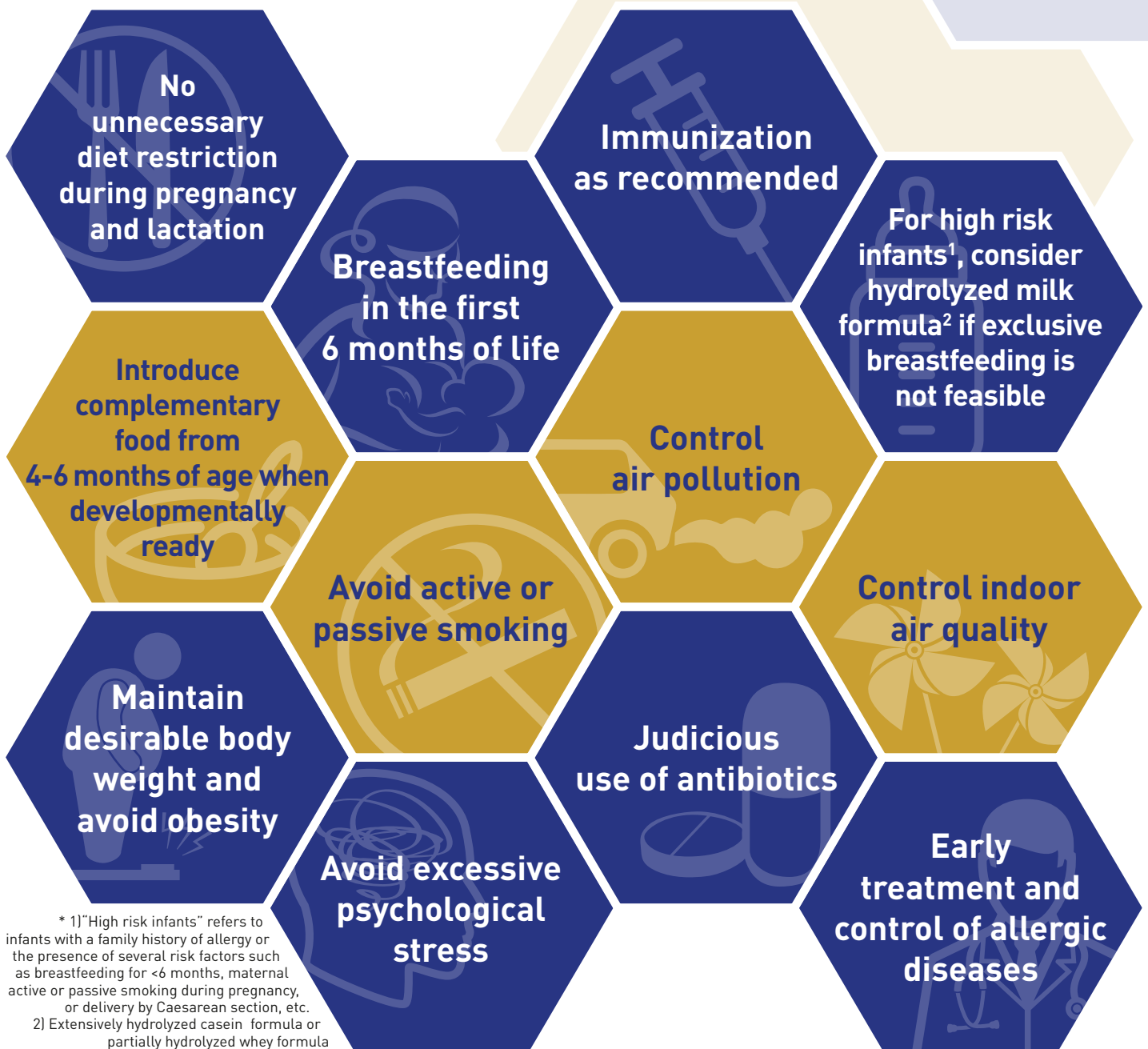
Moderator:	<b>Dr. Mike Kwan</b> <i>Specialist in Paediatric Immunology &amp; Infectious Diseases,                  President, Hong Kong Society for Paediatric Immunology, Allergy &amp; Infectious Diseases</i>
Time:	<b>18:45</b> Registration
	<b>19:25 – 19:30</b> Introduction to "HKIA Guideline for Allergy Prevention in Hong Kong" by <b>Dr. Lee Tak Hong</b> <i>Specialist in Immunology &amp; Allergy, President of Hong Kong Institute of Allergy</i>
	<b>19:30 – 19:50</b> Local Epidemiology on Allergic Diseases by <b>Prof. Leung Ting Fan</b> <i>Professor and Chairman, Department of Paediatrics, The Chinese University of Hong Kong</i>
	<b>19:50 – 20:10</b> Environmental Influences on Allergy by <b>Dr. Tam Yat Cheung</b> <i>Specialist in Paediatrics</i>
	<b>20:10 – 20:30</b> Dietary & Lifestyle Influences on Allergy by <b>Dr. Alson Chan</b> <i>Specialist in Paediatrics</i>
	<b>20:30 – 21:00</b> Panel Discussion by <b>All speakers</b>



## Allergic Diseases

- A growing burden in Hong Kong, China and worldwide in the last few decades
- Usually cause recurrent or lifelong diseases
- Include asthma, allergic rhinitis, eczema, food allergy, anaphylactic shock, etc
- Recent evidence suggests that a healthy lifestyle starting early from fetal stage is the key for allergy prevention

## Allergy Prevention Measures



## 過敏症

- 近數十年來在香港、中國及全世界不斷增加、造成沉重負擔
- 通常引致終生或反覆持續的病症
- 其中包括哮喘、鼻敏感、濕疹、食物過敏、過敏性休克等
- 近代研究顯示，從小（胎兒期）開始有良好的生活習慣對預防過敏症是非常重要的環

## 預防過敏十二式

懷孕和餵哺母乳期間，不應在沒有醫生的指示下隨便戒口

按照指引接種疫苗

用母乳餵哺初生嬰兒至六個月大

過敏風險高的嬰幼兒<sup>1</sup>若不用全母乳餵哺，可以選擇水解配方奶粉<sup>2</sup>

幼兒在4至6個月期間若發展成熟，便可以開始進食半固體食物

控制環境及空氣污染

避免吸煙或吸入二手煙

改善室內空氣質素

保持理想體重及避免肥胖

慎用抗生素

避免承受過多的心理壓力

及早治療過敏症

\* 1) 「過敏風險高的嬰幼兒」指有過敏家族病史或有多項高危因素的嬰幼兒，如母乳餵哺少於六個月、母親在懷孕期間吸煙或吸入二手煙、透過剖腹生產的嬰幼兒等  
2) 深度水解酪蛋白配方奶粉或適度水解乳清蛋白配方奶粉