

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





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

No
unnecessary
diet restriction
during pregnancy
and lactation

Immunization as recommended

Introduce
complementary
food from
4-6 months of age when
developmentally

6 months of life

For high risk infants¹, consider hydrolyzed milk formula² if exclusive breastfeeding is not feasible

Avoid active or

Control indoor air quality

Maintain desirable body weight and avoid obesity

ready

Judicious use of antibiotics

air pollution

* 1)"High risk infants" refers to infants with a family history of allergy or the presence of several risk factors such as breastfeeding for <6 months, maternal active or passive smoking during pregnancy, or delivery by Caesarean section, etc.
2) Extensively hydrolyzed casein formula or partially hydrolyzed whey formula

Avoid excessive psychological stress

passive smoking

Breastfeeding

in the first

Early
treatment and
control of allergic
diseases

Derived from the Guidelines for Allergy Prevention in Hong Kong, printing is supported by unrestricted educational grants from Danone Nutricia Early Life Nutrition (Hong Kong) Limited and Nestlé Hong Kong Ltd.



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<mark>良好的生活習慣對</mark>預防過敏症 是非常重要的一環

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 幼兒在 過敏風險高的 嬰幼兒¹ 若不用 全母乳餵哺, 可以選擇水解 配方奶粉²

切兄在 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

> 避免承受過多的 心理壓力

慎用抗生素

* 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 及早治療過敏症

資料編採自香港預防過敏指引,由達能紐迪希亞生命早期營養品 (香港) 有限公司及 雀巢香港有限公司之教育基金贊助編印