

## CLINICAL SPECIFICATIONS

### COW'S MILK

#### Antigen Made From:

Raw and pasteurized Cow's Milk

#### Associated With:

Behçet's disease<sup>1</sup>  
 Celiac disease<sup>2</sup>  
 Dairy allergy<sup>3</sup>  
 Diabetes<sup>4,5</sup>  
 Lupus<sup>6</sup>

**Known Cross-Reactions:** Gliadin;<sup>7</sup> Buffalo milk, Sheep milk, Goat milk;<sup>8</sup> Triiodothyronine (T3)<sup>10</sup>

#### Clinical Significance:

The presence of antibodies to Cow's Milk is an indication of food immune reactivity. The offending food and its known cross-reactive foods should be eliminated from the diet. Bellioni et al. found that 92% of subjects with an allergy to cow's milk showed reactivity to goat's milk.<sup>9</sup> Cow's Milk is the most common cause of food allergy in the first years of life; although most children outgrow the allergy by age 3 or 4.<sup>3</sup>

For some, the immune reactivity persists throughout one's lifetime and may contribute to autoimmunity later in life. Particular autoimmunities associated with Cow's Milk include Type 1 Diabetes,<sup>4</sup> Behçet's disease<sup>1</sup> and Systemic Lupus Erythematosus.<sup>6</sup> Cow's Milk plays a role in the gastrointestinal symptoms in 50% of patients with non-celiac gluten sensitivity and Celiac disease.<sup>2</sup>

#### References:

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9. Bellioni et al. Allergenicity of goat's milk in children with cow's milk allergy. *J Allergy Clin Immunol*, 1999; 103:1191-1194.
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