

## THE MAIN ROLE BREASTFEEDING IN THE PREVENTION OF ABCM

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### Introduction

Day after day, ABCM occupies a leading place in the occurrence of types of food allergies and in terms of complications it leads to life-threatening conditions in early age children. In some maternity hospitals, not expecting the mother to have mature milk, they start feeding her with ready-made milk formula. From there, the baby and mother begin to get used to artificial feeding and the child's body reacts to food that is not suitable for it.

### Methods:

Objective examination, laboratory and instrumental diagnostic methods for various manifestations of ABCM.

### Results

102 children under 3 years old were examined and observed. Of these, 68 children are in the family polyclinic and 34 children are in the Republican Specialized Scientific and Practical Medical Center of Pediatrics. According to the results of the study, in children at risk, already in the first months of a child's life when bottle-fed, his body begins to show various allergic symptoms from all systems (skin reactions - hives, itching, redness and burning around the mouth, local swelling of the tongue, lips or throat, from the respiratory system - cough, shortness of breath or hoarse breathing, from the gastrointestinal tract - vomiting, diarrhea, spasms and colic, general allergic reactions - lacrimation, runny nose, rash). The clinical picture of the disease can often mislead GPs, since the symptoms of ABCM are very diverse and its targeted differential diagnosis in most cases can only be carried out by a pediatric gastroenterologist or pediatrician. Since it is difficult for GPs to diagnose, the process of damage to organs will only worsen month after month. In children who experienced serious complications in the hospital, they included allergic diseases of



the digestive tract (IgE-dependent, eosinophilic diseases, cell-mediated), bronchial asthma, atopic dermatitis, allergic rhinitis, in the emergency department-angioedema (Quincke), urticaria.

### Conclusions

Exclusive breastfeeding until the age of 4-6 months has a certain preventive effect in case of ABCM. In infants with ABCM who are breastfed from the mother's diet and completely exclude cow's milk, goat's milk (cross-allergy), milk-containing products, and beef, the prognosis is predominantly favorable. And with artificial feeding, the first symptoms of ABCM appear faster and, accordingly, the complications that arise are more severe than with breastfeeding.

