



# Allergy matters

## In the news

### Goat milk protein based infant formula



Up to August 2013, European directive specifically provided for infant formulae and follow-on formulae to only be manufactured with protein sourced from cows' milk and soya isolates. This directive was amended whereby infant formulae and follow-on formulae manufactured from goats' milk proteins should be allowed on the market. The full directive is available from the FSAI website here:

[https://www.fsai.ie/uploadedFiles/Dir2013\\_46.pdf](https://www.fsai.ie/uploadedFiles/Dir2013_46.pdf)

Goat milk protein based infant formula **is not indicated** for the **prevention or management of cow's milk protein allergy**.

### Composition of infant and follow-on formulae



The European Food Safety Authority has launched a Public consultation on a draft Scientific Opinion on the essential composition of infant and follow-on formulae. Read more and have your say here:

<http://www.efsa.europa.eu/en/consultations/call/140424.htm>

## Did you know you can up-skill in allergy?

### Focus on food allergy in Irish Primary Care



At FAAM 2014 on Saturday, October 11 from 1330-1700, capitalising on the presence of worldwide allergy expertise in Dublin, two seminars will be held at the Convention Centre Dublin, focusing on establishing allergy services and moving points of allergy in primary care for GP's by GP's. Registration costs €85.

There is a special early bird rate for Nurses, Dietitians, Students and patient representatives for the entire 3 day meeting of €180-representing amazing value for money. Visit <http://www.eaaci-faam.org> for more on speakers and registration.

FAAM is a subgroup of the European Academy of Allergy and Clinical Immunology (EAACI) and is an association dedicated to improving the health of people affected by allergic diseases.



## Holiday and travel information to give to your allergy patients this summer

Be prepared and try to do as much of the following in advance.

If your child relies on medication for treating/managing Allergy, Eczema and Asthma be sure to have enough to see you through the holiday and extra in case of loss or breakage.

If you need to carry an adrenaline auto-injector and/or liquid medication over 100mls and are travelling by air; you will need a signed letter from your doctor confirming these facts.



Check the storage requirements for all your medications contained on the patient insert leaflet.

Your child should have easy access to allergy medications at all times. They should be within reach and not stored in checked-in luggage stored in the hold.

Your child should wear or carry some form of allergy alert. If language is a barrier, free translation cards are available via the link below.

Know the emergency service number for your destination when you arrive.

Apply for a European Health Insurance Card (EHIC). If you have private health insurance, check your policy for any cover provided while abroad.

Check to see if your destination requires extra vaccinations. A very limited number may contain egg-discuss with your doctor well in advance.

For more practical travel information and advice check out the following:

### **Food allergies-airline comparison 2013:**

[http://www.anaphylaxis.org.uk/userfiles/files/Food%20allergies%20and%20airline%20comparison%20November%202013%20\(2\).pdf](http://www.anaphylaxis.org.uk/userfiles/files/Food%20allergies%20and%20airline%20comparison%20November%202013%20(2).pdf)

### **Advice from the International Air Travel Association (IATA) for allergic passengers:**

<http://www.iata.org/whatwedo/safety/health/Documents/Allergen-sensitive-passenger2010.pdf>

### **Free Translation cards from Allergy Action:**

<http://allergyaction.org/translations/>

### **European Health Insurance card**

[http://www.citizensinformation.ie/en/travel\\_and\\_recreation/travel\\_abroad/e111.html](http://www.citizensinformation.ie/en/travel_and_recreation/travel_abroad/e111.html)

Most importantly — bon-voyage and have a great holiday!