



You have tested positive to *Milk*, ask your provider about ordering a *Milk Component Panel*

Milk Allergen Component testing can help determine which proteins you are sensitized to.

A specific IgE blood test that detects sensitization to cow's milk is the first step in discovering your patient's allergy. Milk Allergen Component tests can help you determine the likelihood of reaction to baked goods, such as cookies or cheese pizza, as well as the likelihood of allergy persistence.

Characteristics of individual proteins

Cow's milk f 2	<ul style="list-style-type: none"> High levels of cow's milk IgE may predict the likelihood of sensitivity, but may not be solely predictive of reactions to baked milk or allergy duration²⁹
α-lactalbumin Bos d 4 / f 76	<ul style="list-style-type: none"> Susceptible to heat denaturation³⁰ HIGHER RISK of reaction to fresh milk^{28,29} LOWER RISK of reaction to baked milk^{28,29} Patient likely to "outgrow" milk allergy³¹
β-lactoglobulin Bos d 5 / f 77	<ul style="list-style-type: none"> Susceptible to heat denaturation³⁰ HIGHER RISK of reaction to fresh milk^{28,29} LOWER RISK of reaction to baked milk^{28,29} Patient likely to "outgrow" milk allergy³¹
Casein Bos d 8 / f 78	<ul style="list-style-type: none"> Resistant to heat denaturation²⁸ HIGHER RISK of reaction to all forms of milk^{28,29,32} Patient unlikely to "outgrow" milk allergy with high levels of specific IgE to casein³¹

*In clinical studies, extensively baked muffin, waffle, and cheese pizza were heated to the point of protein denaturation.

75%
of children
with milk
allergy do not
react to
baked milk.²⁸

α-lactalbumin Bos d 4 / f 76	β-lactoglobulin Bos d 5 / f 77	Casein Bos d 8 / f 78	Management Considerations ^{28,32-36}
+	+	-	<ul style="list-style-type: none"> Avoid fresh milk Likely to tolerate baked milk products Baked milk oral food challenge with a specialist may be appropriate Likely to outgrow allergy
+	-	-	<ul style="list-style-type: none"> Avoid all forms of cow's milk Unlikely to become tolerant of cow's milk over time Avoid cow's milk and baked milk products (yogurt, cookies, cakes), as well as products processed with milk (chocolate, sausage, potato chips)
-	+	-	
+/-	+/-	+	

As in all diagnostic testing, any diagnosis or treatment plan must be made by the clinician based on test results, individual patient history, the clinician's knowledge of the patient, as well as their clinical judgment.

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