SUMMARY AND CONCLUSION

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1. The present study comprised 50 children suffering from asthma induced and/or exacerbated by milk and/or egg ingestion. Thirty-two of these patients were males, and eighteen were females. Their age ranged from 6 months to 12 years.

2. All the patients were subjected to the following investigations:
   - Detailed history taking and thorough physical examination.
   - Complete blood picture, stool and urine analysis, and plain chest X-rays (P.A. & lateral views).
   - Skin test by the prick method using 7 antigens.
   - Detection of total serum IgE level using Phadezym IgE PRIST.
   - Detection of specific serum IgE to milk and/or egg using Phadezym RAST. The test being expensive was done to 34 patients chosen randomly.
   - The BDT using the Benveniste technique. The basophil enrichment was done by the baso-concentration kit Allergolam of Institut Pasteur. Two antigens were used: alphalactalbumin and ovalbumin.

3. a) The relation between the skin test results and those of other investigations namely total serum IgE, specific serum

IgE and BDT, was studied.

The BDT results were significantly lower in negative skin tests. The total serum IgE and specific serum IgE results showed no statistical difference in both positive and negative skin test cases.

b)The results of PRIST, RAST & BDT in cases suffering from allergy to both milk and egg do not differ statistically from those in cases suffering from allergy to either milk or egg alone.

However, the total serum IgE levels tend to be higher in di-allergenic cases.

c)The severity of asthma has been shown to affect the total serum IgE values and the three growth parameters studied (weight, height, & skull circumference percentile curves).

The more severe the asthma, the higher is the total serum IgE & the lower is the growth percentile curve level.

The specific IgE & BDT results are not affected by the severity of the disease.

d)A negative correlation has been found between the weight percentile and the total serum IgE values.

e)We have found no correlation between BDT and total serum IgE results,between BDT and specific serum IgE results,or between total serum IgE and specific serum IgE results.

f)RAST was the most sensitive diagnostic investigation. It was was positive in 70.3% of milk asthmatics, and in 78.6% of egg asthmatics.

In milk asthmatics, total serum IgE was high in 68.6%, BDT positive in 54.3%, and skin test positive in 40% of cases.

In egg asthmatics, total serum IgE was high in 70.7%, BDT positive in 70.7%, and skin test positive in 31.7% of cases.

The skin test was the least sensitive test.

4.We concluded from the present study that the most important diagnostic tool in food asthma is the history. A careful history taking comes first to all investigations which are sometimes so expensive.

None of the investigatory parameters is conclusive by itself. It is through a battery of investigations that a diagnosis of food allergy can be settled on, again without losing the concept that a comprehensive history is valuable not only in the diagnosis but also in the orientation to the proper set of investigations.