

Eczema Prevention



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Conflicts of Interest

I participated as a site principal investigator in a trial of hydrolysed formula for preventing eczema from 2007 to 2011, and received speaker fees and support for conference attendance from infant formula companies during this period

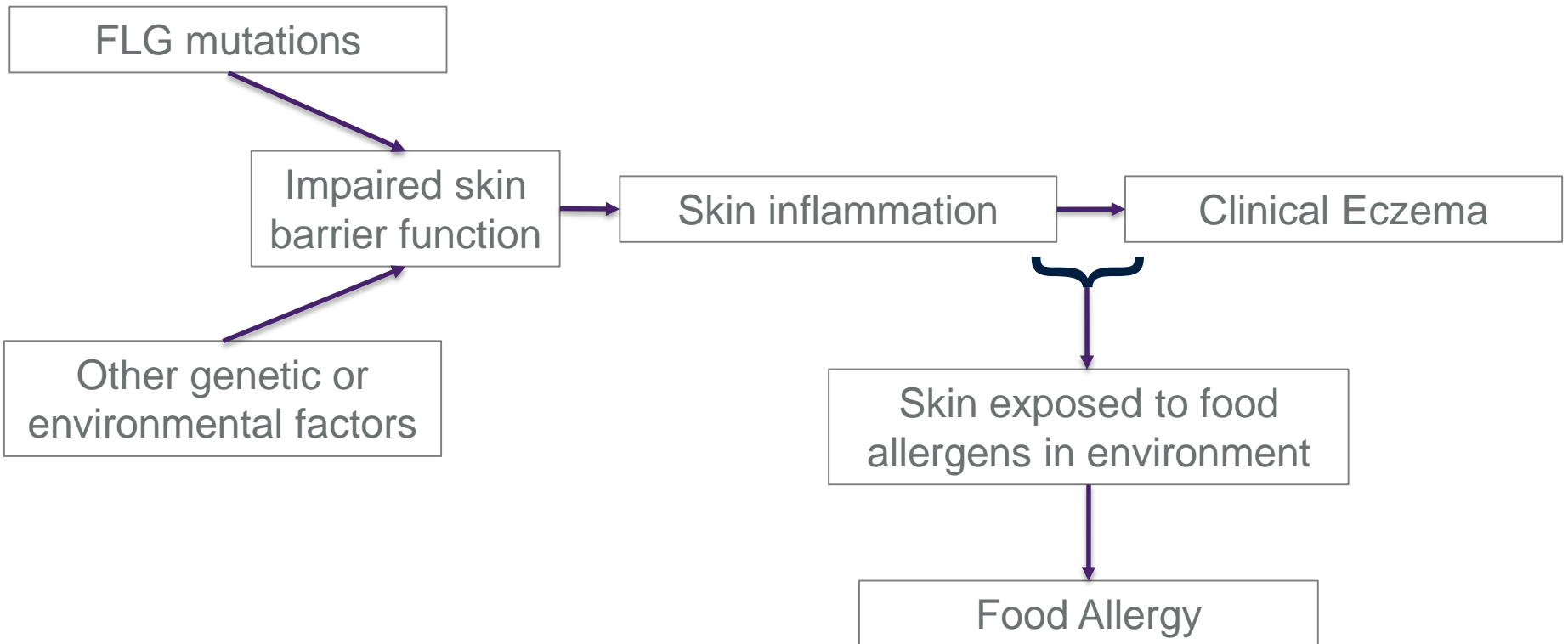
I gave expert testimony in a legal case regarding hydrolysed formula health claims in 2016

I have no other conflicts of interest in relation to this presentation

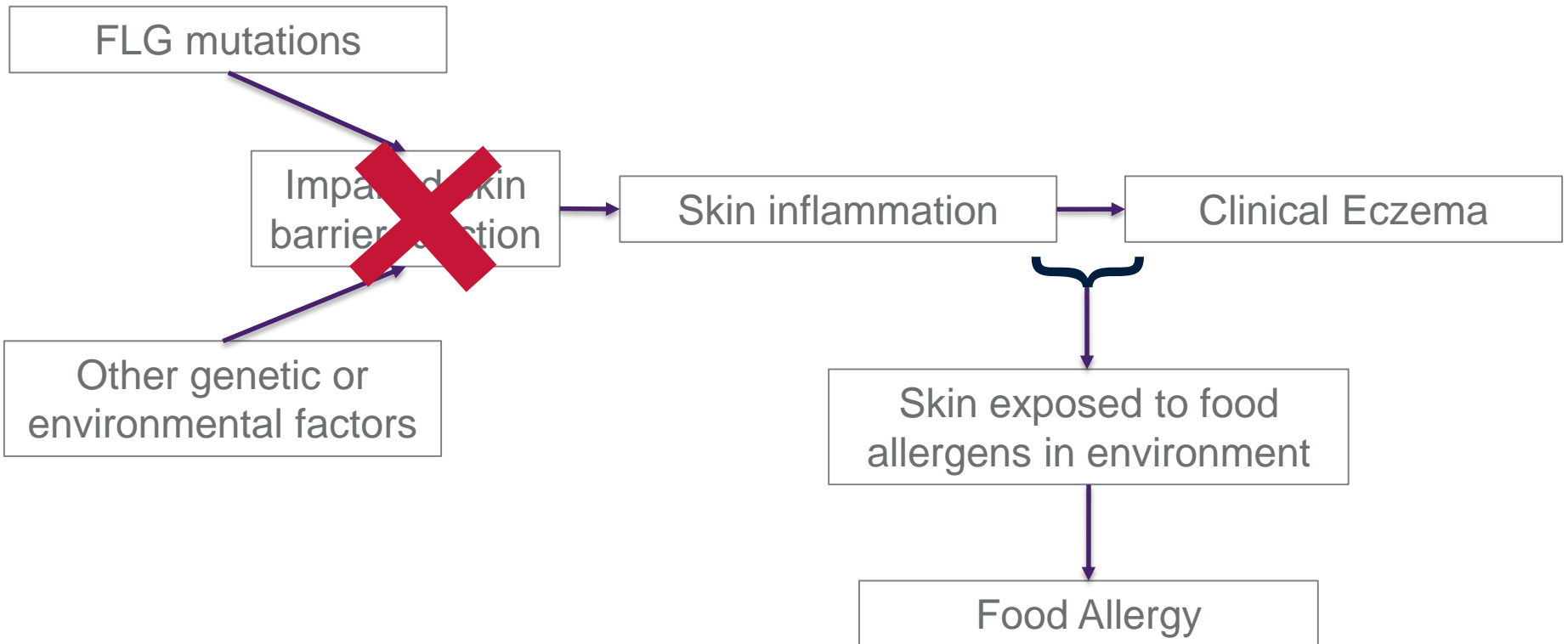
Eczema Prevention

- Infant skin care
- Milk feeding
- Microbial interventions

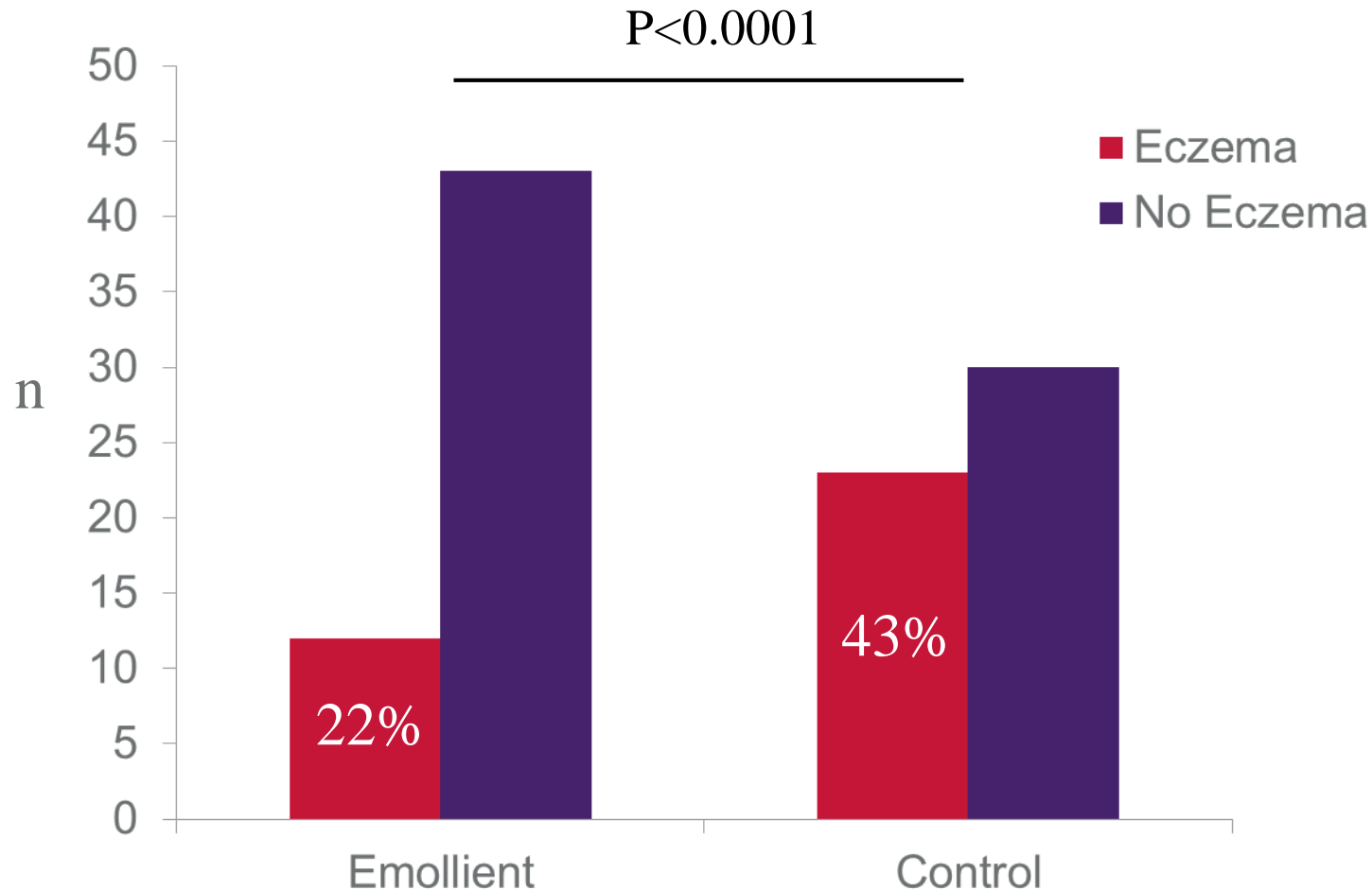
Model for Development of Eczema



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Daily emollient for preventing eczema: BEEP Pilot



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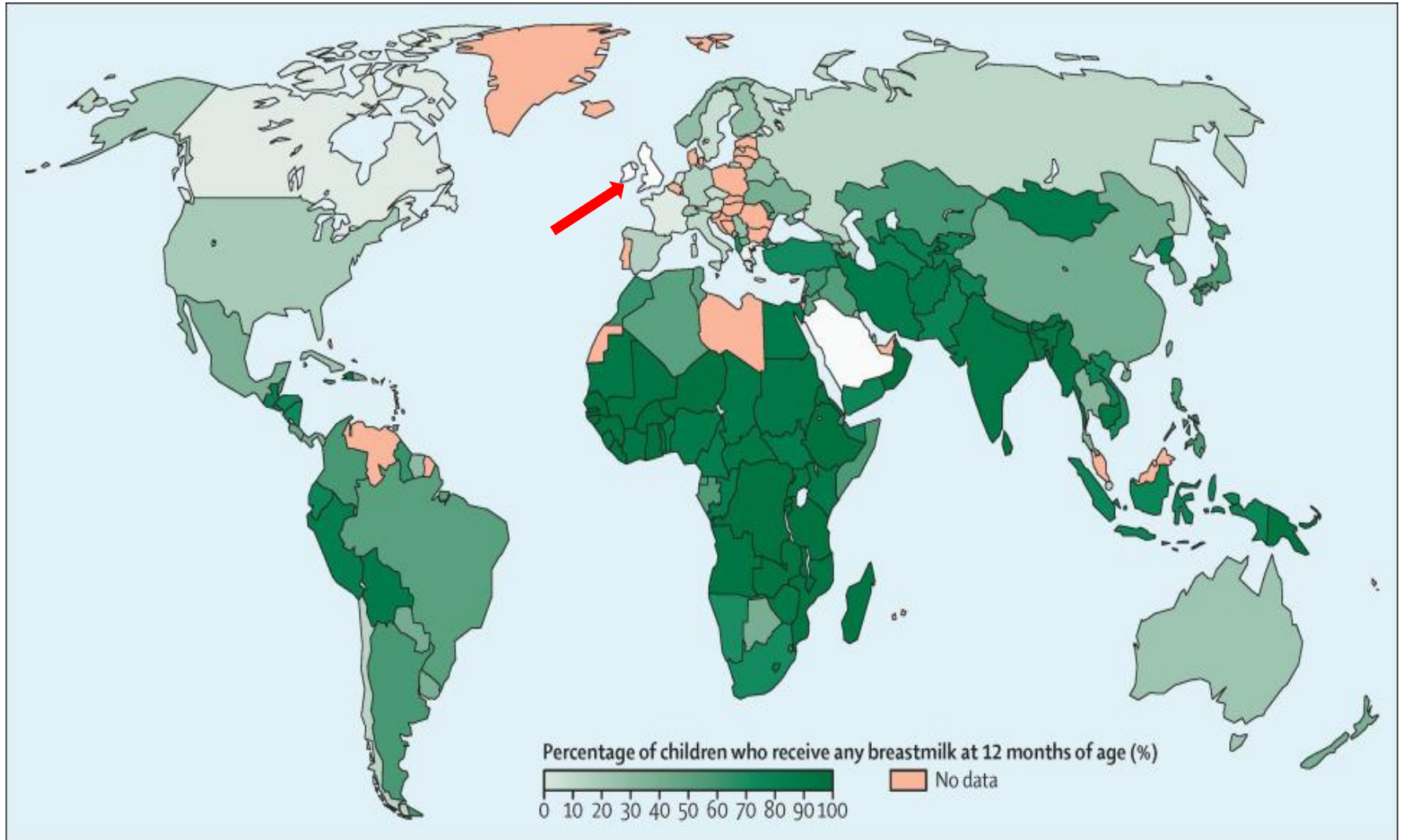
How long does WHO recommend infants should be breastfed for ?

- 4-6 months
- At least 6 months
- 12 months
- At least 24 months

World Health Organization Breastfeeding Guidance

Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants; it is also an integral part of the reproductive process with important implications for the health of mothers. Review of evidence has shown that, on a population basis, exclusive breastfeeding for 6 months is the optimal way of feeding infants. Thereafter infants should receive complementary foods with continued breastfeeding up to 2 years of age or beyond.

Breastfeeding rates at age 1 year



Formula milk and eczema

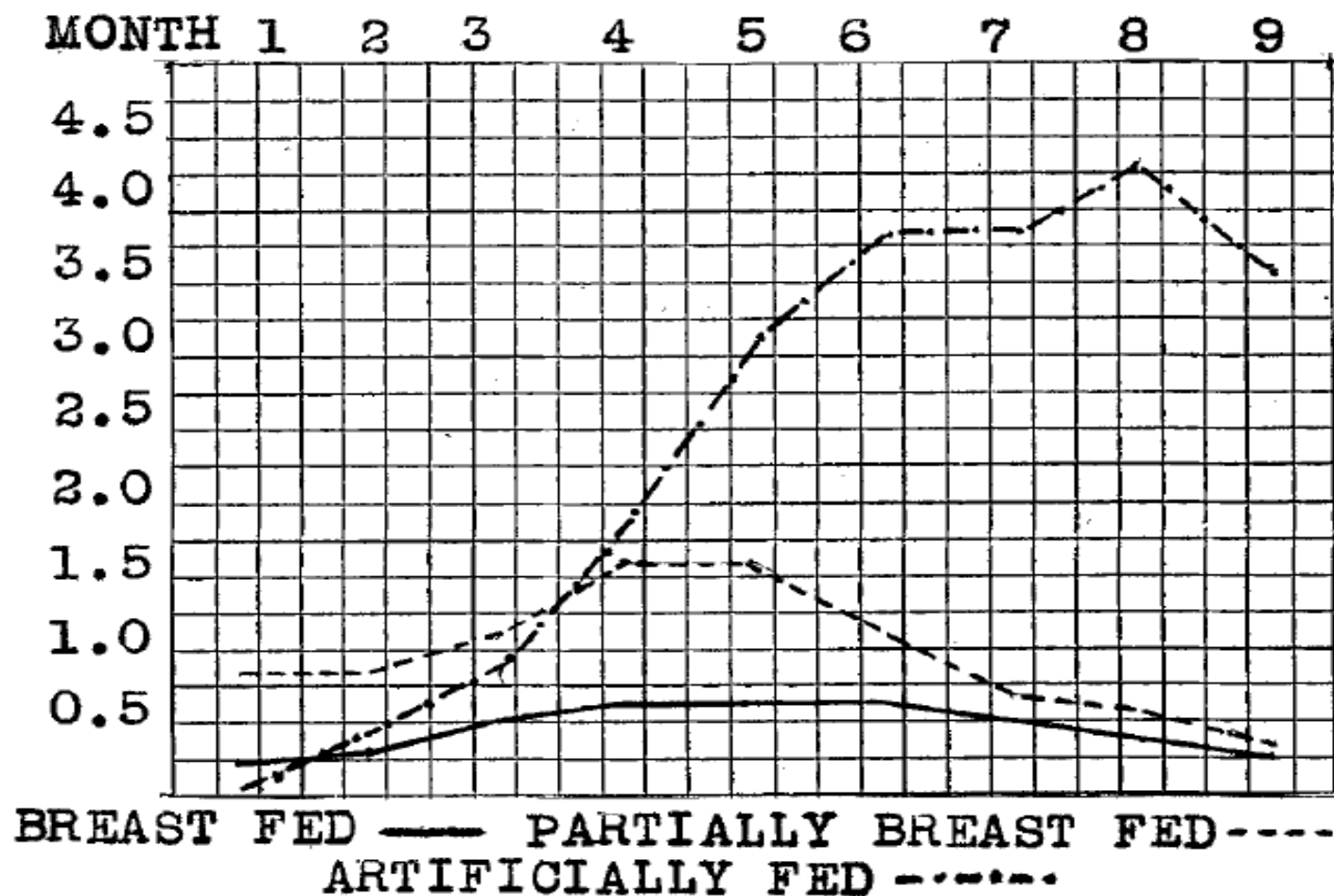


Chart 1.—Monthly incidence of infantile eczema.

Intervention trial of breastfeeding promotion

Reduced eczema at 12 months OR 0.54 95% CI 0.31, 0.95

Unblinded paediatrician assessment, with poor agreement between sites

No reduction in eczema at 6-7 years

No reduction in wheezing

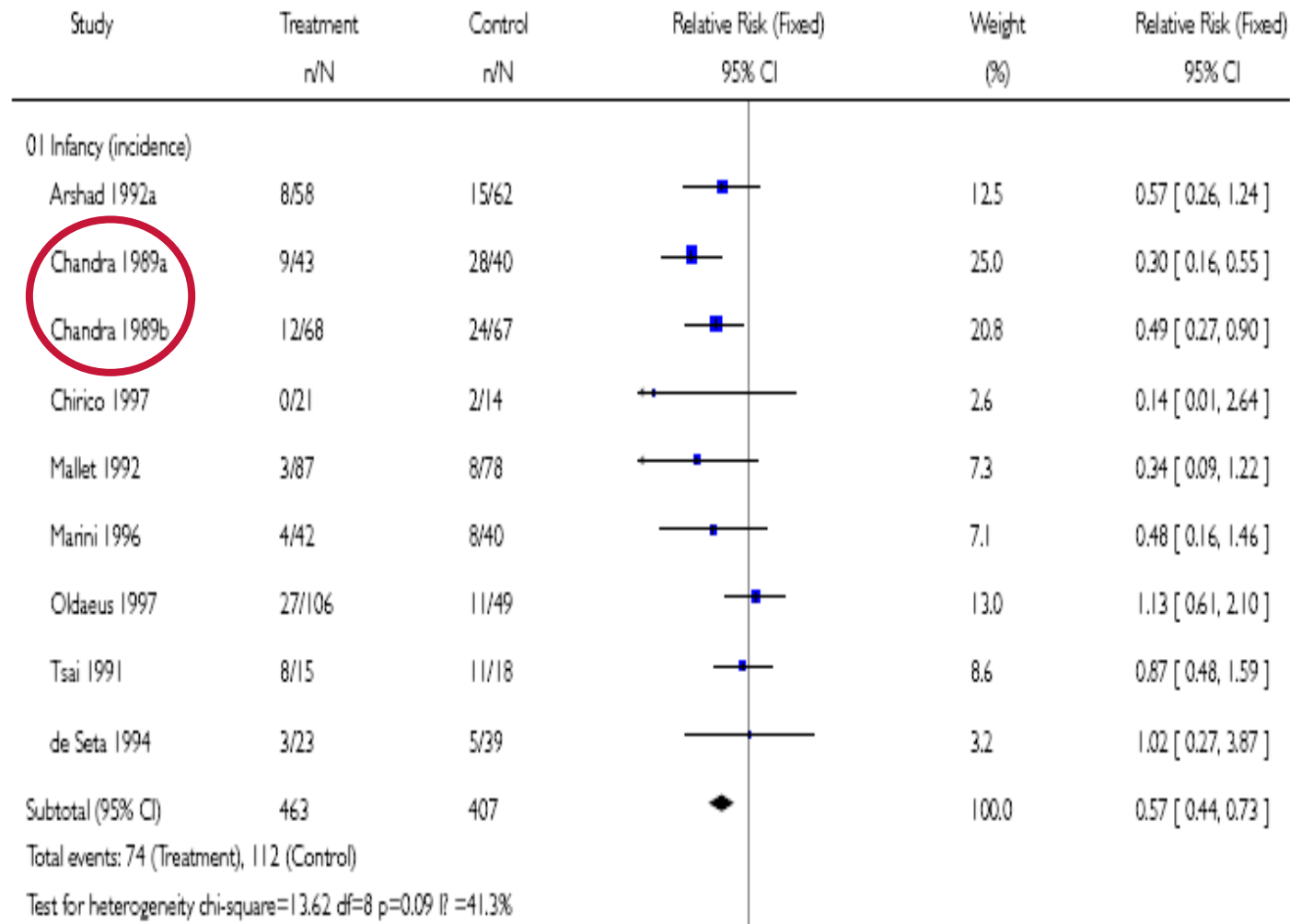
No reduction in atopy (positive skin prick test)

Hydrolysed formula in guidelines

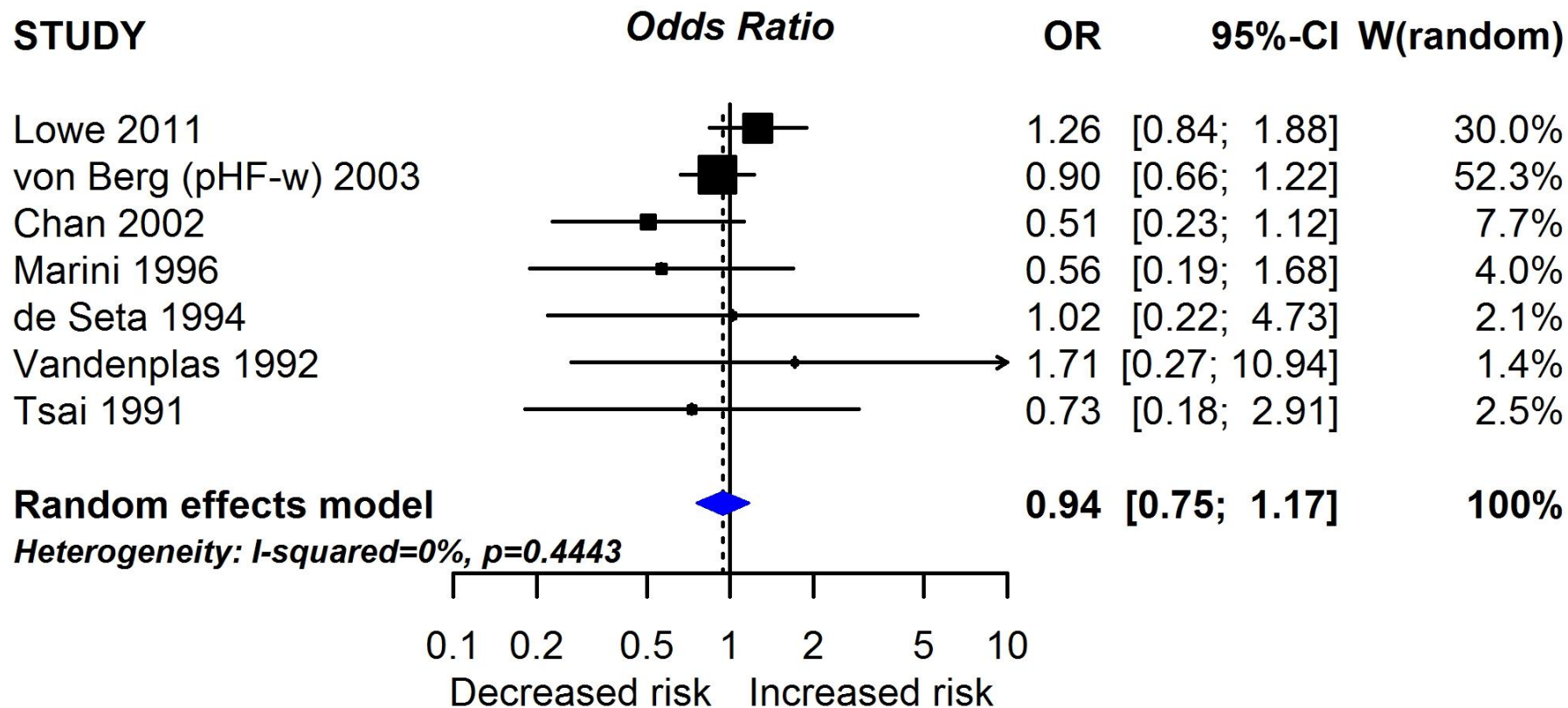
'Reduced risk of atopic dermatitis'

- American Academy of Pediatrics 2008
- Allergy Societies...
- AAAAI 2013, EAACI 2014
- Hong Kong 2016, Malaysia
- Gastroenterology ...
- ESPGHAN 2014
- FDA health claim approval 2011

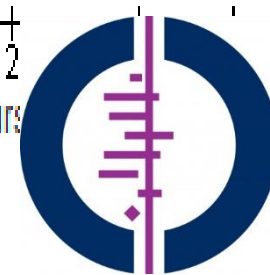
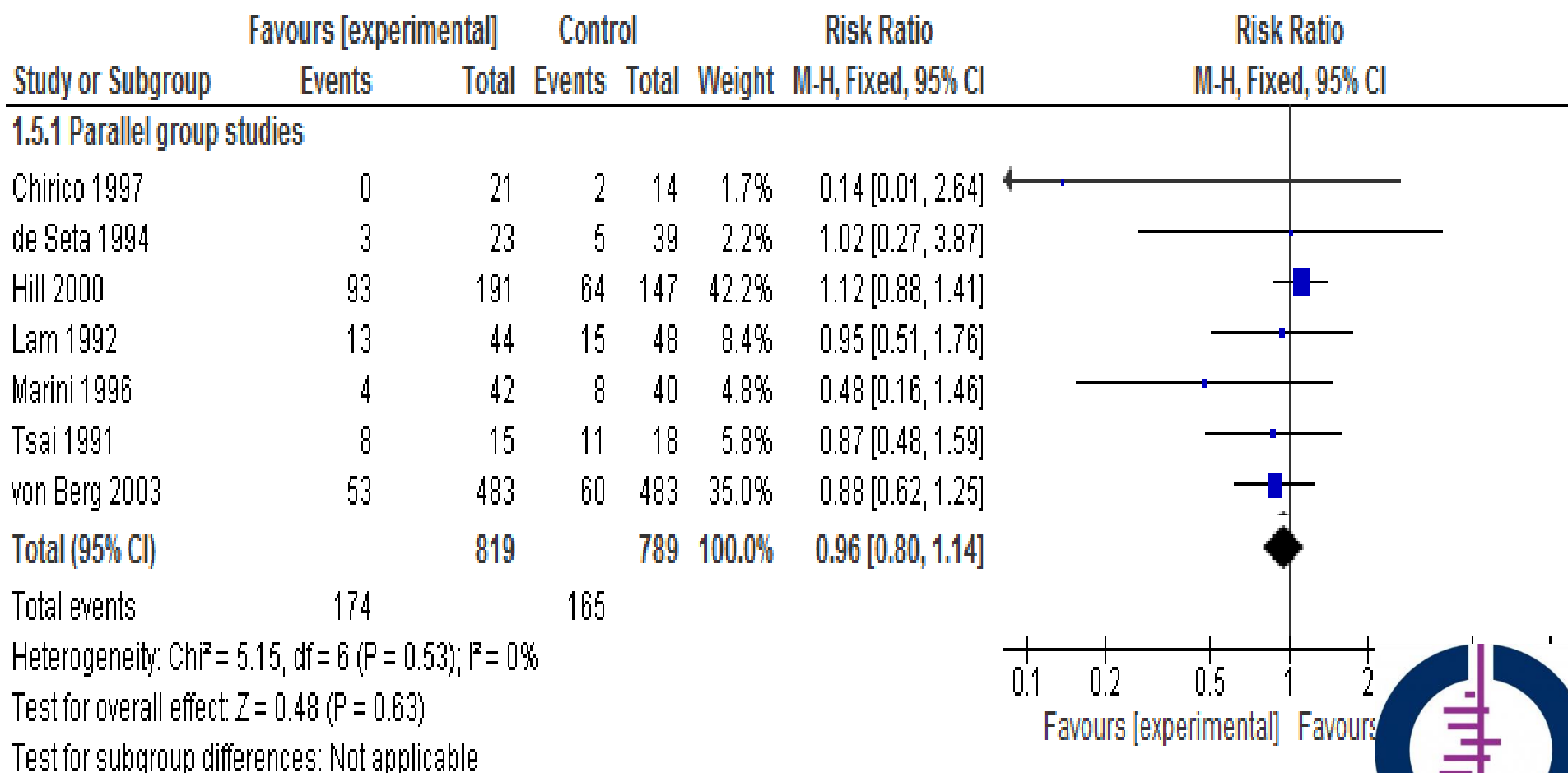
Hydrolysed formula for preventing eczema



Partially hydrolysed whey and eczema

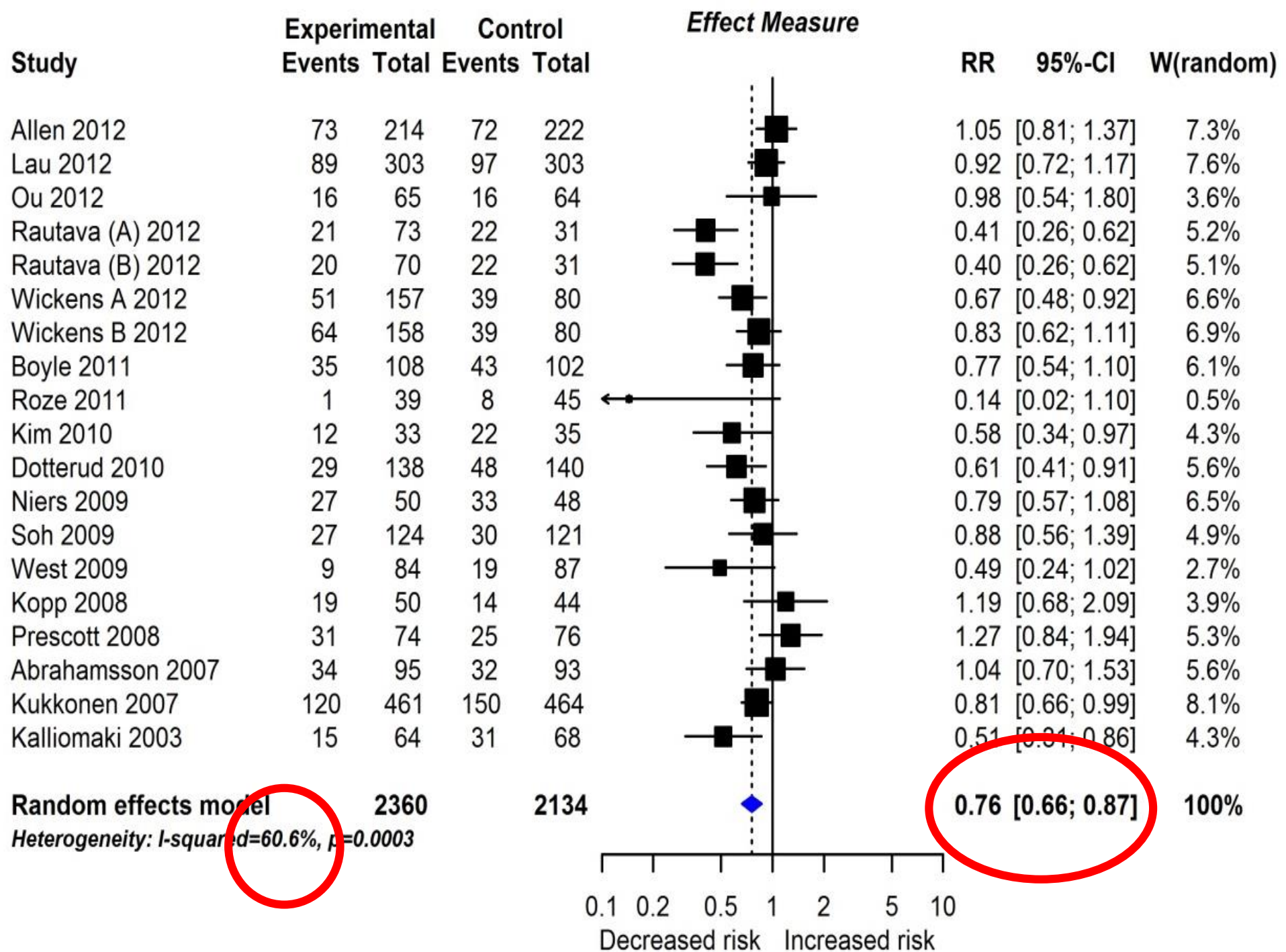


Partially hydrolysed whey and eczema



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Albendazole in pregnancy & infant eczema

	<u>Events/100 person years</u>		HR	95% CI	P
	Albendazole N=1257	Placebo N=1258			
Eczema to 1 year	13.4	7.3	1.82	1.26, 2.64	0.002
Eczema to 5 years	5.7	3.6	1.58	1.15, 2.17	0.005

Summary – eczema prevention

- Breastfeeding promotion may reduce eczema in infancy
- Daily emollient for 6 months suppresses eczema during treatment – longer term effect unknown
- Maternal probiotic supplementation may reduce risk of eczema, but not infant supplementation

Acknowledgements

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UNITED KINGDOM • CHINA • MALAYSIA

Centre for Statistics in Medicine

Marialena Trivella



Food Standards Agency

Sarah Hardy

Liz Kendall

Ian Kimber



Probiotics for preventing eczema

Probiotics to infants may not always be safe

Probiotics to mum during last 2-4 weeks pregnancy and during lactation seem to be most effective

Mechanism not understood

Common UK brands include:

BioGaia (used in one of the prevention trials)

Yakult (not used in any of the prevention trials)

Culturelle (used in several prevention trials, but less widely available)