



# Prevalence of allergic diseases in children with inflammatory bowel disease

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## Background

There are many similarities between inflammatory bowel disease (IBD) and allergic diseases, including similar epidemiological data, pathomechanism, clinical course and even treatment methods. So far, many studies of IBD comorbidity with other diseases, including allergy, but mainly in adults, have been conducted.

## Aims

This study aimed to analyze the prevalence of allergic diseases, i.e. food allergy (FA), cow's milk allergy (CMA), atopic dermatitis (AD), allergic rhinitis (AR) and asthma in children with IBD.

## Methods

The study included 105 IBD patients from the Department of Pediatrics, Allergology and Gastroenterology of CM in Bydgoszcz and 100 children without IBD from the Outpatient Clinics. The authors applied validated questionnaire as a study method.

## Results

At least 1 allergic disease was found in 26 (43%) IBD children. The allergological diagnosis was made in IBD children more frequently than in control group ( $p=0.04$ ). The difference was more noticeable with regards to skin prick tests ( $p=0.02$ ). FA was the most common disease; it was noted in 19 (32%) IBD children; next were: AD – in 13 (22%), CMA–in 12 (20%), AR–in 10 (17%) and asthma - in 6 (10%) children. The prevalence of allergic diseases in the control and study groups was comparable ( $p>0.05$ ). There was no correlation between age of IBD children and allergy ( $p> 0.05$ ). Asthma was significantly more common in children undergoing biological treatment ( $p=0.01$ ).



## Conclusions

Children with IBD should be constantly monitored by medical professionals, not only due to the underlying disease but also due to a possible concomitant allergic disease.

Conflict of interest: does not exist.