

ABSTRACTS: POSTER SESSIONS

P165 PERINATAL RISK FACTORS IN THE DEVELOPMENT OF ALLERGIC DISEASE.

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It has been proposed that some perinatal factors can sensitize the newborn. This study was designed in order to evaluate the relation between possible perinatal risk factors and allergic disease.

We recorded atopic inheritance and possible risk factors in 416 pediatric subjects: 6% with asthma (A); 10.6% with allergic rhinitis (AR); 27.4% with A and AR; 35.8% with airway hyperresponsiveness (AHR) and 20.7% healthy children.

We found the highest rate of births of patients with allergic disease in April and October. A positive atopy history in first and second degree and early solid feeding were higher in patients with allergic disease. Infections of pregnancy, oxytocin, progesterone and uteroinhibitors administration, previous abortions, cesarean section, and spinal anesthesia were most frequent in patients with allergic disease and AHR. Passive tobacco smoke was higher in the control group.

We concluded that the development of allergic disease is complex and multifactorial and perinatal factors seems to be related.

P166 PROBIOTICS TO TREAT AND PREVENT RELAPSES IN INFLAMMATORY BOWEL DISEASE (IBD)

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Probiotics using only facultative anaerobes induces remissions in IBD. Another method, decontamination of the GI tract with broad spectrum antimicrobials plus antifungals, followed by a non-pathogenic *E. coli* by mouth and rectal enemas also induces remissions. (1) However relapses regularly recur in most patients, when therapy is stopped. Combining these two methods and continuing daily therapy induced long-term remissions in 3 of 6 patients, 1 UC and 2 Crohns, for 3 to 9 years. All 3 had abnormal biopsies which reverted to normal. Formerly steroid dependent, they take no medications, only daily Trenev Tiro (TT) PO (2) (*L. acidophilus*, NAS strain; *B. bifidum*, Malyoth strain; *L. bulgaricus* LB-51 strain; ea > 30 bil org/cap in oil matrix) plus *E. coli* (McCann or Nussle strain). Recolonization regimen; 2 caps TT q4h x 2 days plus 5ml *E. coli* in soy broth > 10 ml/ml, q4h x 2 days; Maintenance minimum; 1 per day each. Based on Sartor's germ-free rat refeeding studies implicating a *Bacteroides* anaerobe and German studies showing *E. coli* to be as effective as mesalazine in maintaining remissions (3), we postulate an abnormal fecal flora with cross-reactive antigens on otherwise "normal" flora which induce IBD in genetically predisposed patients. Disease causing bacteria can be eradicated or successfully suppressed by daily probiotics using decontamination plus combinations of these normal "healthy" GI bacteria which do not contain the putative disease provoking antigens.

(1) McCann et al; Clinical Immunologic Society; 1990 (2) Natrien Company (3) Schutz et al; Aliment. Pharm. @ Ther. 11; 853-8, 1997.

P167 ROLE OF EDUCATIONAL SUPPORT GROUPS IN THE MANAGEMENT OF ASTHMA AND ALLERGY. N.C. Sanker, OTR, Ft. Collins, CO*; and G.L. Levine, MA, Washington, DC

A questionnaire was distributed to AAFA's 127 educational support groups that serve adults and parents of children with asthma and allergies. The self-administered instrument contained 21 scaled response items to measure participants' understanding of treatment and ability to manage symptoms.

The 161 respondents included 40 who were attending their first meeting. Physicians were the most frequently cited referral source for new participants. New and returning participants reported their primary reason for attending support groups was to "learn new information."

The 121 participants who had previously attended meetings reported "much improvement" in: knowledge of medications (70%); appropriate use of medications (54%); control of the disease (58%); awareness of environmental triggers (58%); understanding teamwork involved in management (59%); and handling situations more calmly (57%).

Participants also reported decreases in the following behavioral measures: unscheduled physician visits (61%); emergency room visits (51%); interruptions in activities, work and school (57%); and interruption of sleep (55%). Analysis revealed even greater improvements for those who had attended meetings for two years or longer.

P168 USE OF ALTERNATIVE MEDICINE IN ALLERGY G GALINDO MD*, A ARIAS MD, S GONZÁLEZ MD, PHD AND C CANSECO MD PHD, UNIVERSITY HOSPITAL, UANL, MONTERREY N.L. MEXICO.

BACKGROUND: ALTERNATIVE MEDICINE IS AS ANCIENT AS THE HUMAN RACE. THERE ARE SO MANY EXAMPLES OF THE USE OF THESE KIND OF MEDICINE IN THE MEDICAL BOOKS FROM GREECE, ROME, SPAIN AND THE ARABIC WORLD AND WE CONSIDER THAT ALTERNATIVE MEDICINE PLAYS AN IMPORTANT ROLE AS A PLACEBO IN THE TREATMENT OF ALLERGIC PATIENTS.

METHOD: A QUESTIONNAIRE WAS APPLIED TO 250 CONSECUTIVE PATIENTS SEEN FOR THE FIRST TIME IN THE ALLERGY DEPARTMENT OF THE UNIVERSITY HOSPITAL OF THE UNIVERSIDAD AUTONOMA DE NUEVO LEON FROM MARCH 1 TO JULY 1, 1998. THE QUESTIONNAIRE CONTAINED 24 QUESTIONS PERTAINING TO THIS KIND OF THERAPIES. THE RESULTS WERE ANALYZED USING DESCRIPTIVE STATISTICS AS MEAN AND STANDARD DEVIATION. RESULTS: OF THE 250 PATIENTS STUDIED 98 (39.2%) HAVE USED ONE OR MORE FORMS OF ALTERNATIVE MEDICINE, THE MEAN AGE WAS 20 YEARS. 153 (61%) WERE MALES AND 97 (39%) FEMALES. THE EDUCATIONAL LEVEL VARIED FROM ELEMENTARY SCHOOL TO COLLEGE.

AMONG THE THERAPIES USED BY THIS PATIENTS WERE: HOMEOPATHY 62 (24.8%), HOME REMEDIES 49 (19.6%), HERBAL REMEDIES 19 (7.6%), ACUPUNCTURE 9 (3.6%), FOLK MEDICINE 7 (2.8%) IRIDIOLGY 1 (4%). NOT WITHSTANDING THAT MANY OF THIS PATIENT CLAIMED BENEFICIAL RESULTS IN THE 36.6% OF THEM, NONE OBTAIN THE CONTROL OF HIS AILMENT AND WERE REFERED TO OUR DEPARTMENT. CONCLUSION: IS FREQUENT THE USE OF ALTERNATIVE MEDICINE IN THE ALLERGIC PATIENTS.

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