

## Other Instructions

### About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents. NUH is the only hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/ktp-nucmi](http://www.nuh.com.sg/ktp-nucmi).

#### Contact Us

##### 24-hour Children's Emergency

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 5000

##### KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222  
Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

##### 9a Viva-University Children's Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6772 5030 Fax: +65 6872 4314  
Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

##### NUH Children's Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childrenucc@nuhs.edu.sg](mailto:childrenucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

##### NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,  
60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

##### NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,  
2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

##### National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6908 2222 Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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Information is correct at the time of printing (February 2023) and subject to revision without prior notice.

# Allergy Prevention for Babies



# What is an allergy?

Allergic diseases, such as food allergy, eczema and asthma, are common and affect more than 20% of children in Singapore. Allergic diseases have a genetic predisposition and therefore run in families. Your child is more likely to develop allergies when you or your immediate family members have allergies. The risk of a child developing allergies is more than 50%, if both parents have allergies.

## Why should I prevent allergies in my child?

Allergies can lead to severe health problems that can impact one's quality of life, incur high healthcare costs and require special care, sometimes for a lifetime.

For example, children with food allergies have to be vigilant in avoiding certain foods or risk suffering a severe, life-threatening reaction with accidental exposure. Outgrowing food allergies is rare for certain foods such as nuts and shellfish.

Children with asthma experience symptoms such as cough, breathlessness, and wheezing, which may limit their abilities to participate in daily activities. Daily medications are usually required and severe asthma attacks may require hospitalisation.



## What can I do to prevent allergies in my child?

You can prevent allergies in your child through certain measures that can start as early as during your pregnancy. These are generally simple and safe, and involve changes in lifestyle and feeding habits. A consultation with a paediatrician specialising in allergy is recommended to tailor these preventive measures to your family's conditions. Here are some examples:

- Expectant mothers should continue consuming allergenic foods during pregnancy as avoidance does not reduce the risk of allergies in their infants.
- Mothers are encouraged to breastfeed for at least 6 months, and up to 2 years if possible, as there is evidence that this may reduce the incidence of eczema and wheezing.
- Allergenic foods such as eggs and peanuts should be introduced between 4 to 6 months old. High-risk infants with moderate to severe eczema will benefit from an evaluation by our paediatrician specialising in allergy, who will guide you on introducing allergenic foods to your baby. This can optimise eczema management to reduce the risk of developing food allergies.



If you would like to know if your baby has a high risk for allergies and how you can prevent allergies in your baby, please make an appointment with our paediatricians who are trained in allergy treatment and prevention. This can be done as early as during the first trimester of your pregnancy.

### References:

1. Consensus Statement on Primary Prevention of Allergy in At-Risk Infants. Dec 2019. ACADEMY OF MEDICINE SINGAPORE, COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS, SINGAPORE COLLEGE OF PAEDIATRICS AND CHILD HEALTH, SINGAPORE.

[https://www.ams.edu.sg/view-pdf.aspx?file=media%5C5649\\_fi\\_819.pdf&ofile=Consensus+Statement+on+Primary+Prevention+of+Allergy+in+At-Risk+Infants+\(FINAL\).pdf](https://www.ams.edu.sg/view-pdf.aspx?file=media%5C5649_fi_819.pdf&ofile=Consensus+Statement+on+Primary+Prevention+of+Allergy+in+At-Risk+Infants+(FINAL).pdf)

2. Tham EH, Shek LP, Van Bever HP, et al. Early introduction of allergenic foods for the prevention of food allergy from an Asian perspective—An Asia Pacific Association of Pediatric Allergy, Respiratory & Immunology (APAPARI) consensus statement. *Pediatr Allergy Immunol*. 2017;00:1-10. <https://doi.org/10.1111/pai.12820>

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