

Original Paper

Effect of cow's milk elimination from children diet on chronic constipation

Sobhani Shahmirzadi M (M.D)¹, Fadaei M², Alaei E (M.D)³
Ghasemi Kebria F (M.Sc)⁴, Roshandel GhR (M.D)⁵, Salamat F (M.Sc)*⁶

¹Assistant Professor, Department of Pediatric, Golestan Research Center of Gastroenterology and Hepatology, Golestan University of Medical Sciences, Gorgan, Iran. ²Medical Student, Golestan University of Medical Sciences, Gorgan, Iran. ³Assistant Professor, Department of Pediatric, Golestan University of Medical Sciences, Gorgan, Iran. ⁴MSc in Microbiology, Researcher, Golestan Research Center of Gastroenterology and Hepatology, Golestan University of Medical Sciences, Gorgan, Iran. ⁵General Physician, Researcher, Golestan Research Center of Gastroenterology and Hepatology, Golestan University of Medical Sciences, Gorgan, Iran. ⁶MSc in Food Science and Ttechnology, Golestan Research Center of Gastroenterology and Hepatology, Golestan University of Medical Sciences, Gorgan, Iran.

Abstract

Background and Objective: Children constipation is one of the common causes of abdominal pain. Cow's milk in children diet is suggested to be one of the main cause of chronic constipation. This study was performed to determine the effect of cow's milk elimination from children diet with chronic constipation.

Methods: This quasi-experimental study, was performed on 80 children with chronic constipation. Rome-III criteria were considered for disease diagnosis. Cow's milk was eliminated for three weeks from children's diet and the clinical symptoms in children were surveyed, subsequently.

Results: Constipation was cured in 33.8% of children as result of cow's milk free diet. The rate of treatment response in affecting children whom their disease in began under 2 years of age (52.6%) was significantly higher than others (16.6%) ($P < 0.05$). Children treatment was not significantly related to child's gender and amount of milk consumption.

Conclusion: Eliminating of cow's milk from the diet improves the chronic constipation in children.

Keywords: Chronic constipation, Children, Cow's milk

* **Corresponding Author:** Salamat F (M.Sc), E-mail: salamat_faezeh@yahoo.com

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