

What is the Atopic March?

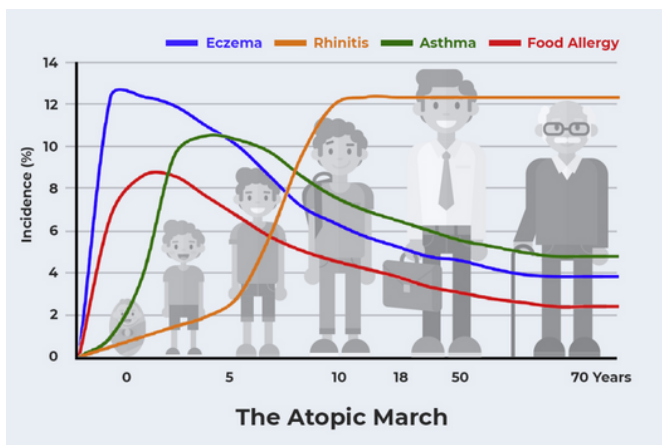
Global Parents for Eczema Research

The Atopic March

If your child has been diagnosed with eczema, you've likely heard the term "Atopic March" mentioned by your healthcare provider. Also known as the "allergic march", the phrase refers to the progression of related conditions starting with atopic dermatitis (AD), into food allergies, and then later allergic rhinitis and asthma.¹

Visualizing the Progression

The Atopic March begins with allergen exposure through the skin, which then initiates the production of specific immune cells that may result in sensitivity of the body to certain substances resulting in other atopic conditions such as food allergy and asthma.¹



Source: [Nestle Nutrition Institute](#)

As seen in the graph above, the atopic march moves along throughout the lifecourse. Usually, eczema starts in infancy, while food allergy, rhinitis and asthma develop after the toddler years and into late childhood. Eosinophilic Esophagitis is a recent addition to the march, and is thought to develop after the other atopic conditions.¹

Can the Atopic March be stopped?

While there have not been any specific studies that have investigated the halting the march as a whole, several studies have investigated how to "stop" the various conditions in the march.

- The "LEAP" study published in 2015 suggests that feeding babies peanuts in infancy prevents later allergy development for many children.³
- Avoiding environmental triggers, such as smoke, pollution, and even viruses may help stop the development of asthma.⁴
- New studies suggest that the using skin moisturizers, or emollients, in infancy may delay eczema (AD) development.⁵

Why is this important for me?

Since Atopic Dermatitis (AD) or "eczema" seems to be the first entry point into this cascade of allergic conditions, it is important for parents to know that the development of other atopic diseases is a possibility later on in their child's life. However, the "march" may look different for each child, and some may "skip" a condition or not develop any additional atopic conditions.⁶ Regardless, parents and healthcare providers should keep an eye out for the signs and symptoms of all the conditions in atopic march to ensure early diagnosis and treatment

Sources

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