

Tanya van Aswegen

Bio:

Tanya is an Accredited Practising Dietitian with almost two decades of experience in clinical and public health nutrition across Australia, the United Arab Emirates, South Africa, and the United Kingdom. She holds a Master of Public Health and is currently a first year PhD candidate at UWA. Tanya's clinical practice and research focus on supporting breastfed infants and their caregivers navigating food intolerances and allergies, with a particular interest in improving caregiver experiences, and evidence-informed care in this complex space.

Title: *Over-diagnosed or under-recognised? A look at food allergy in breast-milk fed infants.*

Food allergies are immune reactions to specific food proteins and can affect the gut, skin or respiratory system. In breastfed infants, this is a particularly complex and uncertain space. Symptoms are often delayed, overlap with normal infant behaviour, and we have limited validated diagnostic tools to guide us. Much of the current management is based on consensus rather than strong evidence, creating potential risks of both over- and under-diagnosis. In this session, we'll explore what is currently known about this area and where the gaps remain. There will also be insights shared from our new qualitative study capturing the lived-experiences of Australian caregivers and healthcare providers, which might help improve care and shape meaningful research priorities in this field.