**Eosinophil and IgE as biomarkers in atopic dermatitis.**

**ABSTRACT**

**Objective:**

Atopic dermatitis (AD) is the most common dermatologic disease of infancy. In this case, food allergy is usually responsible. In our study, we wanted to examine the relationship between AD and eosinophil and IgE.

**Materials and Methods:**

Our work was done in 128 (64 AD and 64 Control) children aged between 2-12 months. Our work was done in retrospective file scanning. Complete blood count, total IgE level, food allergy skin tests and specific immunoglobulin E tests were evaluated in patients with AD. For the control group, full blood count results were obtained from the same number of patients in the same age range.

**Results:**

A positive correlation was found between the presence of eosinophilia and allergy test positivity in AD group (p <0.01). Twenty-two of 64 patients with atopic dermatitis were found to have positive allergy skin tests and / or specific IgE values.

There were 10 cases of milk allergies among patients who had positive allergy tests. There were milk and egg allergy associations in 7 of these patients. Egg allergy was found in 5 of these patients. IgE levels (p <0.001), eosinophil percentage (p = 0.001) and absolute eosinophil counts (p = 0.005) were higher in allergic skin test positive patients in the atopic dermatitis group.

**Conclucions**

Eosinophil and IgE elevation in those with AD clinical manifestations may be a marker that can be used for predicting positivity in food allergy tests. The first choice in the dietary elimination diet for AD should be milk. If there is not enough clinical improvement with the milk diet; milk should be tried to be confirmed with the egg diet.

Keywords:

Atopic dermatitis, IgE, Eosinophil, Food allergy