

Dr José Costa MD

FRCPCH, PGCert Allergy, PGCert Paed Allergy

Leading Family Allergy Doctor and Media Commentator

Around 7% of UK children live with a food allergy, with cases rising. At least one pupil in every classroom is now affected, according to charity, Allergy UK, with 20% of severe allergic reactions to food happening whilst a child is at school.



Dr José Costa is a senior consultant paediatrician and media commentator, specialising in the latest research, medical guidance and insight on childhood food allergies, Rhinitis (Hay Fever), Eczema, Asthma and associated conditions.

With over 16 years of experience in Paediatrics and 12 years in Paediatric Allergy, Dr Costa is a member of the Royal College of Paediatrics and Child Health. A graduate of Coimbra's Medical school, in Portugal, Dr Costa holds also two post-graduate certificates - one in Paediatric Allergy, from Instituto de Ciências da Saúde da Universidade Católica, in Lisbon/Portugal and the other in Allergy, undertaken at the Imperial College in London.

Dr Costa has practiced as a senior medic in both the NHS and private sector, having led both the Paediatric Allergy Services at University Hospitals Coventry & Warwickshire and Sherwood Forest Hospitals NHS Foundation Trust.

As part of his own specialist Children's Allergy Clinic, in Warwickshire, Dr Costa has become renowned for his leading expertise, supporting families affected by allergies across the UK, including the children of well-known public figures, celebrities and TV sporting personalities.

A father himself, Dr Costa's son, also has multiple life-threatening food allergies, which prompted him start his own business with insulated allergy bags for allergy medication, Allerpack, thus improving its safety of delivery, due to the prevention of medication degradation.

Dr Costa is an active voice in the allergy community and believes that, as well as managing the physical risk of allergies, supporting a more inclusive environment for children affected is vital for their mental health and wellbeing.

Available for:

- The latest research and insights on paediatric allergies
- Brand Partnerships
- Podcast Interviews
- Expert commentary and contributions
- Kids' Allergy Q&A
- Events and Public Speaking



The Childrens Allergy Clinic

For allergy research insights or to arrange an interview with Dr Costa, contact: maria@mariamullinerpr.co.uk or call 07531035947



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Media Contributions

Dr Costa is an experienced media commentator and public speaker, who is happy to provide contributions and talks, with the latest insights on topical allergy news and new research.

Media contributions span broadcast (BBC), national and regional print and online titles.

Dr Costa frequently works with fellow medics, registered dietitians and nutritionists. He has collaborated with key opinion-leaders in the children's nutrition space across his social media channel @childrensallergy. including Annabel Karmel, Leonora Bamford and Expert Parenting App, Bloss, founded by Steph Desmond and Binky Felstead.

Specialist Allergy Areas and Key Research Projects

Dr Costa's key areas of interests in Allergy are in immunotherapy, oral desensitisation, Mast Cell Activation Syndrome (MCAS), spontaneous urticaria and angioedema. Recently he has been appointed as a Member of the Paediatric Advisory Group for Mast Cell Action – a charity supporting people affected by MCAS.

Outside of his clinic, Dr Costa is at the forefront in allergy research and teaching. He is part of a core group of senior medics within the British Society for Allergy & Clinical Immunology (BSACI) who write the guidelines on allergies on behalf of the National Institute for Health and Care Excellence (NICE)

Dr Costa is also an Honorary Clinical Lecturer in Allergy and the National and Regional (Warwickshire) advisor for Children & Young People and Allergy for the Nuffield Hospitals.

Research papers include a study titled "Increase in Multiple Nut Reactivity with Increasing Age is Not an Artefact of Incomplete Allergy Testing", which explored the introduction of nuts into an infant/child's diet. This study found that not introducing nuts that children are not allergic to will increase their risk of developing allergy to those nuts later in life.

Dr Costa is currently working on guidelines for new and emerging allergies for the BSACI and an International research project, investigating airborne allergies and the burden of Rhinitis (Hayfever) in Children.

Visit <https://www.thechildrensallergy.co.uk/about/>
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Eczema



Asthma



Food Allergies



Pet & Animal Allergies



Insect Venom Allergies



Hayfever



Gastrointestinal Allergy



Allergic and Non-Allergic Rhinitis



Chronic Spontaneous Urticaria



Chronic Spontaneous Angioedema

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