

1) Introduction:

Lactose intolerance occurs when your body cannot break down or digest lactose. Lactose is the sugar found in milk and dairy products. It consists of glucose and galactose.

2) Types:

- Primary
- Secondary
- Developmental
- Congenital

3) causes:

lactose intolerance is a metabolic disorder caused by an absence of lactase and thus has the characteristic of not being able to absorb the sugar.

4) Symptoms:



Vomiting



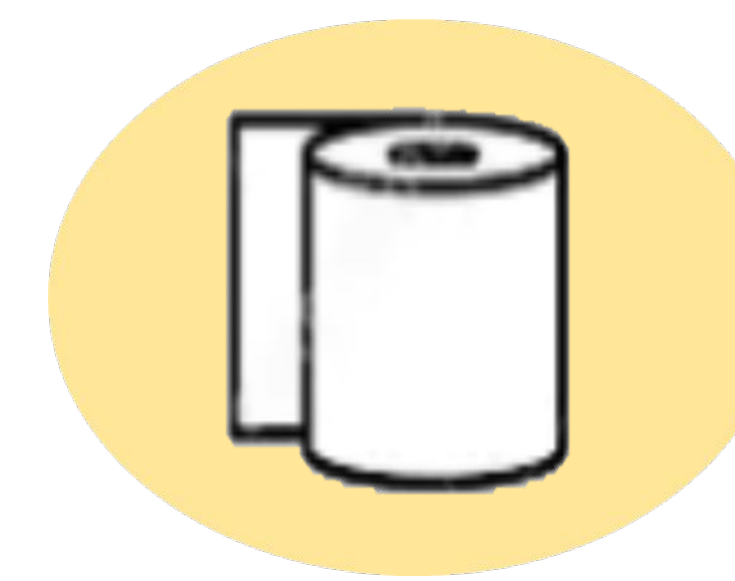
Shortness of breath



Bloating



Abdominal cramps



Diarrhea



Rash

6) Management:

- Avoid products that contain lactose, such as milk, and dairy products such as cheese and yogurt.

Milk substitutes :

- Almond milk. Soy milk
- Taking the enzyme itself, either in liquid form or in pill form.



7) Summary :

Lactose intolerance is a digestive condition that results from a low level of lactase or is completely absent which causes the body to be unable to absorb the lactose.

References:

- <https://www.mayoclinic.org/diseases-conditions/lactose-intolerance/symptoms-causes/syc-20374232>
- <https://www.scielo.br/j/cta/a/7H9sz75JvFs9gNYqysgZ68H/?lang=en>

5) Diagnosis:



Blood sugar test



Hydrogen breath test



Stool acidity test

