

Lactose Intolerance and Health: Evidence ReportTechnology Assessment Number 192

Evidence Report/Technology Assessment
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Lactose Intolerance and Health



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Reviews

This book may be worth purchasing. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Esta Price)

LACTOSE INTOLERANCE AND HEALTH: EVIDENCE REPORTTECHNOLOGY ASSESSMENT NUMBER 192

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 414 pages. Dimensions: 11.0in. x 8.5in. x 0.9in. Milk and milk products contain high concentrations of the disaccharide lactose (galactose and glucose linked by a beta-galactoside bond). Intestinal absorption of lactose requires that the disaccharide be hydrolyzed to its component monosaccharides, both of which are rapidly transported across the small bowel mucosa. A brush border beta-galactosidase, lactase, carries out this hydrolysis. While infants virtually always have high concentrations of lactase, sometime after weaning a genetically programmed reduction in lactase synthesis results in very low lactase activity in some adult subjects, a situation known as lactase nonpersistence. Lactase nonpersistence results in incomplete digestion of an ingested load of lactose; hence lactose is malabsorbed and reaches the colon. If sufficient lactose enters the colon, the subject may experience symptoms of abdominal pain, bloating, excess flatulence, and diarrhea, a condition known as lactose intolerance (LI). Diseases of the small bowel mucosa (infection, celiac disease) may also be associated with low brush border lactase, with resultant lactose malabsorption (LM) and LI. A public health problem may arise when large numbers of individuals diagnose themselves as being lactose intolerant. However, these self-identified lactose intolerant individuals may actually be lactase persisters. Some of these lactase persisters (and even lactase nonpersisters) may mistakenly ascribe the symptoms of undiagnosed irritable bowel syndrome (IBS) or other intestinal disorders to LI. Given that the relatively nonspecific abdominal symptoms caused by IBS and LM are extremely susceptible to the placebo effect, reliable demonstration of LI requires double-blind methodology. The problem may become intergenerational when self-diagnosed lactose intolerant parents place their children on lactose restricted diets or use enzymatic replacement in the belief that the condition is hereditary. Children and adults with LI may avoid dietary milk intake to reduce symptoms...

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