

## CAUSES

### Normal Result of aging from some people (primary lactose intolerance)

Normally, your body produces large amounts of lactase at birth & during early childhood, when milk is the primary source of nutrition. Usually your lactase production decreases as your diet becomes more varied with age.

**Result of illness or injury (secondary lactose intolerance)** occurs when your small intestine decreases lactase production after an illness, surgery, or injury to your small intestine, or from intestinal diseases, such as celiac disease, gastroenteritis or inflammatory bowel disease like Crohn's disease. This type may be temporary or permanent.

**Condition you're born with (congenital lactose intolerance).** This is rare disorder is passed from the genes of both parents. These infants are intolerant of the lactose in their mother's breast milk and have **diarrhea from birth**. These babies require lactose-free infant formulas.

### When to Seek Medical Advice

If you have signs and symptoms of lactose intolerance, talk to Dr. Rodriguez. Don't diagnose yourself, because your symptoms could be an indication of another illness.



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# Lactose Intolerance



## WHAT IS LACTOSE?

**Lactose Intolerance**, also called lactose deficiency, means you aren't able to fully digest the milk sugar (lactose) in dairy products.

The Problem behind lactose intolerance is a deficiency of **lactase** (an enzyme produced by the lining of your small intestine). Some people who think they are not lactose intolerant actually don't have impaired lactose digestion. And not everyone with low levels of lactase is lactose intolerant. Only people with **low lactase levels and symptoms** are considered to have lactose intolerance.

### **SYMPTOMS:**

- Diarrhea (most common)
- Bloating
- Nausea
- Stomach pain
- Gas

### **DIAGNOSIS METHODS:**

- **Dr. Rodriguez** will evaluate your medical history and symptoms
- **Hydrogen Breath Test** performed in this office

## TREATMENT

**Limiting or avoiding milk and dairy products** will help ease symptoms.

Taking **lactase supplements** before having milk and dairy products may also help.

### DIETARY MODIFICATIONS:

If you see any of the following **ingredients** on the label, the food may contain **lactose**.

Butter	Low-fat Milk
Buttermilk	Margarine
Cheese	Milk
Cream	Milk Solids
Evaporated Milk	Nonfat or Skim Milk
Powdered Milk	Sherbet
Chocolate Milk	Whey
Goat's Milk	Yogurt
Ice Cream	Sweetened Milk
Ice Milk	Condensed Milk

Some people with lactose intolerance can safely eat dairy foods that contain a little lactose (less than 1 gram lactose/serving).

### These Include:

1-2 ounces aged cheese (swiss, cheddar or parmesan)	2 Tbsp cream cheese
1/3 cup cottage cheese	½ cup ricotta cheese

The following come from milk but do **NOT** contain lactose, therefore, should be tolerated.

### These Include:

- **Cassein**
- **Lactalbumin**
- **Lactate**
- **Lactic acid**

Milk and dairy foods are a primary source of **calcium**. When you avoid these foods, you need to get **calcium** from other foods.

### These Include:

Sardines	Dried Beans
Canned Salmon	Broccoli
Calcium fortified soy milk	Calcium fortified orange juice
Shellfish	Tofu
Turnip and Collard Greens	Blackstrap Molasses
Kale	Almonds