

Lactose Intolerance

Normal Human milk contain 88g/l of lactose which is broken down into Glucose + Galactose by brush border enzyme Lactase before the absorption.

→ The enzyme starts to decline upto 90% after weaning in African, Asia, America but 5% in Europeans.

Causes: 1) Primary - Lactase deficiency with normal jejunal morphology.

2) Secondary → Secondary due to other disease and damage to morphology like celiac disease, viral gastroenteritis.

Pathophysiology

The Unbroken lactose enters the colon

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Bacteria Fermentation

Short chain fatty acids, H_2 , CO_2 (Gas + Bloating)

C/F - Diarrhea, Pain, Distension, Bloating

Borborygmi, after milk products

D/D Mimic like Irritable Bowel Syndrome distinguished by lactose withdrawal

Management

→ Avoiding lactose based food

- Commercial lactase are very costly