



Lactose Intolerance and Health: Evidence ReportTechnology Assessment Number 192

By U. S. Department of Health and Human Services

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...



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