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# **Breaking Down Lactose Intolerance**



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# What is lactose intolerance?

Put simply, lactose intolerance occurs when your body can't break down lactose.



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# What is lactose?

Lactose is the natural sugar that's found in dairy products like milk and cheese. For you to digest these foods, your body has to break the sugar down. There is an enzyme in your body called lactase that does this. However, some people don't have enough lactase in their bodies to break all of the lactose down.

# How is lactose intolerance diagnosed?

If you experience constipation, diarrhea, bloating, excessive gas, and stomach pain after consuming dairy products, you may be suffering from lactose intolerance.

This can be confirmed by your gastroenterologist in different ways, such as:

- Hydrogen Breath Test
- Lactose Tolerance Test
- Stool Acidity Test



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