

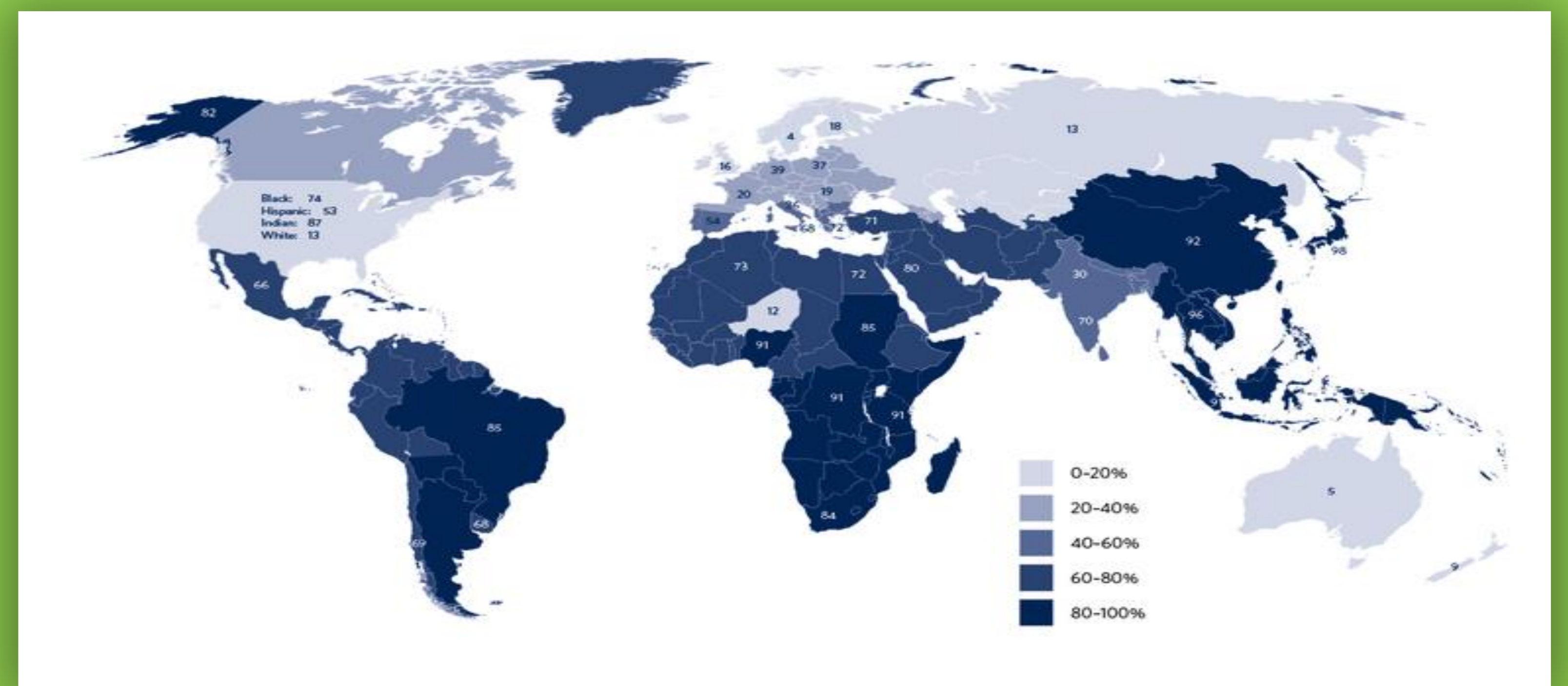
ALLERGY OR INTOLERANCE TO LACTOSE?

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Food
Science
and
Technology

INTRODUCTION Actually, a large segment of the world population suffers from an eating disorder. While one of the disorders with the highest incidence in the European population are disorders resulting from ingestion of lactose (found in milk and dairy products protein). Described that 35% of the population may have some form of said protein intolerance while allergies account for 8.5% (www.eaaci.org).

OBJECTIVES Define the differences between intolerance and allergy to lactose and understand the mechanisms upon which the diagnosis for intolerant and allergic to lactose. Likewise the pathophysiological effects suffered by affected will be described.



ALLERGY It is a pathology that causes the individual a drastic reduction of oral tolerance, so that the body recognizes sugar in milk as a harmful substance, activating thus your immune system and can trigger an anaphylactic reaction, especially severe in groups of asthmatic population, and whose appearance brings cardiovascular problems, hypotension, arrhythmias and vascular collapse.

INTOLERANCE Intolerance can be defined as the adverse reaction to a food that does not involve the immune system. Such reactions are dose intake of the individual, that is, the clinical manifestations that occur are directly proportional to the amount of food eaten.

From a biochemical standpoint intolerance is caused due to a congenital deficiency of lactase, the enzyme responsible for the assimilation of lactose for proper absorption and assimilation by the body, and whose main gastrointestinal symptoms are based on diarrhea, flatulence and sprains abdominal

CONCLUSION These diseases are becoming more common among the population once, contrasting with a large segment doesn't knows or does not know differentiate both pathologies .I have studied, there are nutritional supplements and food fit for this sector of the population ensuring optimal state of health.