

Sintomas sistêmicos da intolerância à lactose

Dor de cabeça

Perda de concentração

Diminuição memória de curto prazo

Cansaço de longa duração

Dores musculares

Dores articulares e/ou inchaço nas articulações

Arritmias cardíacas

Úlcera bucal

Polaciúria

Dor de garganta

Alergias:

- a- Eczema
- b- Prurido
- c- Rinite
- d- Sinusite
- e- Asma

## **Systemic lactose intolerance: a new perspective on an old problem.**

[Matthews SB](#), [Waud JP](#), [Roberts AG](#), [Campbell AK](#).  
[Postgrad Med J](#). 2005 Mar;81(953):167-73.

### **Source**

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### **Abstract**

Intolerance to certain foods can cause a range of gut and systemic symptoms. The possibility that these can be caused by lactose has been missed because of "hidden" lactose added to many foods and drinks inadequately labelled, confusing diagnosis based on dietary removal of dairy foods. Two polymorphisms, C/T13910 and G/A22018, linked to hypolactasia, correlate with breath hydrogen and symptoms after

lactose. This, with a 48 hour record of gut and systemic symptoms and a six hour breath hydrogen test, provides a new approach to the clinical management of lactose intolerance. The key is the prolonged effect of dietary removal of lactose. Patients diagnosed as lactose intolerant must be advised of "risk" foods, inadequately labelled, including processed meats, bread, cake mixes, soft drinks, and lagers. This review highlights the wide range of systemic symptoms caused by lactose intolerance. This has important implications for the management of irritable bowel syndrome, and for doctors of many specialties.

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