

Soundbite Script – Listen to your gut about lactose intolerance

Shitaldas Pamnani, MD, internal medicine physician, OSF HealthCare

"Lactose intolerance is when your intestines are not absorbing and digesting lactose containing milk, cheese, dairy products properly. That leads to stomach cramping, nausea, vomiting and diarrhea, in some cases." (:16)

Shitaldas Pamnani, MD, internal medicine physician, OSF HealthCare

"It is very common; about 20 to 30 million Americans are lactose intolerant. It's more common among African Americans. It is speculated about 80% of African Americans and 90% of Asian Americans have some form of lactose intolerance." (:15)

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"The most common symptom is stomach cramps. Flatulence and diarrhea are other common symptoms." (:10)

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"Lactose malabsorption is a deficiency of the enzyme that digests the lactose, and symptoms can sometimes overlap between the two." (:10)

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"Don't ignore those symptoms. Proper diagnosis and treatment can really make a big difference." (:09)