



Lactose Intolerance FAQs

What are the types of lactose intolerance?

Lactase deficiency is a spectrum - some people are more deficient than others. Lactase deficiency can be primary, secondary, or congenital.



Primary

Genetically inherited condition where parent passes genetic mutation to child.



Secondary

Injury to the lining of the small intestine may result in a deficiency of lactase.



Congenital

Very rare inherited condition where lactase production is absent at birth.



Is lactose intolerance genetically inherited?

Yes. Primary lactase deficiency and congenital lactase deficiency are both genetically inherited. Primary lactase deficiency involves passing down a genetic mutation from parent to child.

Can lactose intolerance come and go?

Lactose intolerance will never fully go away for someone genetically predisposed to it, however it is possible to manage symptoms.

Is lactose intolerance an allergy?

Lactose intolerance is NOT an allergy. Food intolerances do not involve the immune system, but happen when an individual is missing the enzyme lactase.



Is it possible to have celiac disease as well as lactose intolerance?

It is possible. 25% of patients who have been clinically identified as lactose intolerant, have celiac disease.

Can you suddenly become lactose intolerant?



It often manifests early in life, but it is not uncommon to develop later in life. As you get older (from age 2), the body generally produces less and less lactase. By adulthood, up to 70% of people no longer produce enough lactase to properly digest the lactose in milk, leading to symptoms when they consume dairy.



Can I diagnose myself with lactose intolerance?

No. Only medical professionals can assess if one is lactose intolerant or not. Medical professionals can also point you in the right direction, so that you do not end up with any deficiencies or misinformation.



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