

Long-Term Care Survey Alert

Resident Assessment: Recognize Potential Sx Of Lactose Intolerance

Look for this big clue.

In assessing someone for potential lactose intolerance, timing is not everything -- but it's important to note.

A person with lactose intolerance will usually show gastrointestinal symptoms within 30 minutes to two hours of consuming lactose-containing foods. Diarrhea is the most common symptom, but the person may also experience nausea, abdominal cramps, bloating and gas, according to <http://mayoclinic.com>.

Testing can tell: A gastroenterologist can perform a hydrogen breath test to determine "almost without error" whether someone will maldigest lactose, says **Dennis Savaiano, PhD**, a nutritional and food scientist and dean of **Purdue University's** School of Consumer and Family Sciences.