

LACTOSE INTOLERANCE AND ORAL HEALTH³

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Abstract: Lactose intolerance has various manifestations and symptoms. It can be congenital - alactasia, but it can also be acquired over the years. Approximately 65% of the world's population has this condition since birth. On closer inspection, approximately 70% of East Asian adults are found to be lactose intolerant. The paper reviews the lactose intolerance worldwide, paying particular attention to the available information for Europe. European Dairy Association reported the Hungary, Estonia, Greece and Italy had over 40% frequency of lactase deficiency. There are no enough studies about the problem in Bulgaria. Original results from a questionnaire survey conducted in Bulgaria are presented. The possible connection of the ethnicity of the people with possible lactose intolerance was traced. Facts related to the change in oral health while avoiding the consumption of lactose-containing products (milk and dairy products) are presented and discussed. A group of foods that would be useful for people with lactose intolerance to protect their oral health are presented.

Keywords: lactose intolerance, oral health, vitamin D, calcium, milk.

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