



15º CONGRESSO BRASILEIRO DE
**Gastroenterologia
Pediátrica**

19º CONGRESSO LATINO AMERICANO E
10º CONGRESSO IBERO AMERICANO DE
GASTROENTEROLOGIA, HEPATOLOGIA E NUTRIÇÃO

Centro de Convenções de Natal . RN . Brasil
26 a 29 de março de 2014

Trabalhos Científicos

Título: Lactose Intolerance In A Day Care Center

Autores: ADERBAL SABRA; SELMA SABRA; ISAAC TENÓRIO; GUSTAVO RODRIGUES;
RENATA LOPES; ADERBAL SABRA FILHO

Resumo: Objectives and Study: Lactose intolerance has a variable prevalence in different parts of the world. The differences may be explained by the diverse eating habits of each population, allowing over the years a selection of individuals with and without the ability to digest lactose - ontogenetic variation. The objective of this study is to identify the prevalence of lactose intolerance and their presenting main symptoms, developed by children at a day care center in the municipality of Duque de Caxias, Rio de Janeiro, Brazil, after an oral lactose tolerance test. Methods: Test of oral lactose overload was used. At the end of the test a questionnaire was held to identify symptoms. One hundred children were analyzed (61% male and 39% female), between 2 and 13 years (30% from 2 to 4 years; 37% from 5 to 7 years; 24% from 8 to 10 years; and 9% from 11 to 13 years). Results: The test showed 52% of the children with positive result for intolerance and 48% negative (71% with the time of 15 minutes and 29% with the time of 30 minutes). Answers were gotten at 64% of the questionnaires. Were diagnosed lactose intolerant (positive test with symptoms) 20,3% of the samples. Inconclusive results (positive test without symptoms and negative test with symptoms) reached 42,2%. Healthy patients represent 37,5%. Among the symptoms, diarrhea was the most prevalent (50%), followed by abdominal pain and headache (20%), and flatus/abdominal distension (5%). Symptoms that were not described on the literature were not found. Children between 5 and 7 were the more symptomatic. Conclusion: It was possible to conclude that the prevalence of lactose intolerance at the evaluated day care center is a little bit under the national rate. Diarrhea, an ordinary and nonspecific symptom, was the most prevalent one, making it necessary to carry