Understanding Lactose Intolerance in Breastfed Babies

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Small group discussion

Abstract

Lactose intolerance continues to be poorly understood by health professionals and the community alike. This presentation seeks to explain the types of lactose intolerance and the mechanisms that produce symptoms. The latter will be illustrated pictorially. It will also outline international recommendations for management in infants and avoidance of introducing lactose-free formula to the breastfed infant with symptoms of lactose intolerance. Lactose overload is often mistaken for lactose intolerance due to similar symptoms. Management for this involves a change in breastfeeding pattern, such as one-sided feeding or ‘block-feeding’.

Ethical Statement: Nothing to declare.

Biography: Joy Anderson

Joy is an Accredited Practising Dietitian (APD) since 2008, an International Board Certified Lactation Consultant (IBCLC) since 1991 and an active volunteer Australian Breastfeeding Association counsellor since 1987. Joy has a special interest in all aspects of infant feeding as well as in adverse food reactions in all ages. She is passionate about the importance of breastfeeding to both short and long-term physical and psychological health and also about helping people with food intolerances, especially breastfed babies. Joy runs a part-time private practice from Perth, WA as an APD and IBCLC, including remote consulting via Skype and phone. She is the mother of two adult children, both breastfed for approximately 2 years each and has personal experience with food intolerance. More information can be found at [http://www.dieteticsandlactation.com.au](http://www.dieteticsandlactation.com.au)