

How does lactose intolerance affect my health?

In addition to having unpleasant symptoms, you may have trouble getting enough nutrients, such as **calcium** and vitamin D. Milk and milk products are sources of calcium. Calcium is a mineral the body needs for strong bones and teeth. If you do not get enough calcium, over time your bones may become less dense and break easily.

How does my doctor know if I have lactose intolerance?

Your doctor will try to find out if you have lactose intolerance with the following:

- **Medical, family, and diet history.** Your doctor will ask you questions about your medical and family history, your diet, and your symptoms.
- **Physical exam.** A physical exam may help your doctor find out if you have lactose intolerance or another problem. During a physical exam, your doctor usually
 - checks for bloating in your belly
 - uses a stethoscope to listen to sounds within your belly
 - taps on your belly to check for tenderness or pain