**Interview on a patient that is Lactose Intolerant**

**What kind of food intolerance did you develop?**

I developed lactose intolerance.

**At what age did you discover your lactose intolerance?**

At about the age of 65.

**Do you know what were the causes of your lactose intolerance?**

There was no hereditary history of lactose intolerance from my immediate family so the doctor diagnosed me with secondary lactose intolerance due to inflammation of my digestive tract.

**How did you find out about your lactose intolerance?**

I had symptoms of recurring diarrhea and flatulence, which was very concerning. Thus, the doctor sent me to do an endoscopy and colonoscopy to see what the underlying cause was. After the results came back the doctor wasn’t satisfied with my results so he sent me to a gastroenterologist for further testing. The gastroenterologist took a biopsy of my throat and diagnosed me with secondary lactose intolerance.

**How do you manage your lactose intolerance?**

I saw the dietician once a week to help me manage my diet and educate me on what foods I could and couldn’t eat. Additionally, I only ate lactose free food such as lactose free bread and cereal. Also, lactose free dairy products such as lactose free milk, butter, yoghurt and cheese.

**What precautious measures do you carry out?**

Well the doctor advised that I should carry lacteeze tablets around with me wherever I go and to take a few tablets prior to dining out.

**Did you feel that it affected your quality of life?**

I didn’t find it difficult to control but it was a hassle to remember to take a few lacteeze tablets before I dined out. Overall, it didn’t really affect my life in a negative way, it just made shopping a bit more troublesome.