

ABSTRACT

This bachelor's thesis deals with issues relating to lactose intolerance and examines its influence on the quality of life of patients suffering from it. The thesis is divided into two parts. Theoretical and practical part.

The theoretical part is divided into two parts. The first part deals with issues relating to lactose intolerance. The lactose intolerance is characterized on the basis of epidemiological data, its causes, the impact of genetics on its occurrence, pathophysiology, possible complications and clinical manifestations. An integral part of the thesis are methods used for its diagnosis and the possibilities of its therapy. The second part of the thesis focuses on nutritional recommendations associated with lactose intolerance.

The main aim of the practical part is to map the relationship of adult patients to lactose intolerance. To find out, according to which method lactose intolerance has been diagnosed to the patients, which diagnostic method is the most common one, what is the most common time interval from patients' subjective problems to diagnosis, and how patients perceive the quality of their lives with the bounds of nutritional measures relating to lactose intolerance.

The data obtained through the questionnaire survey show that the respondents do not perceive lactose intolerance as a significantly limiting problem and are well informed about the possibilities of therapy, most frequent they choose therapy in the form of nutritional adjustments relating to lactose intolerance. Furthermore, the research shows that the most commonly used methods for the diagnosis of lactose intolerance are genotyping and biopsy. The time interval from patients' subjective problems to diagnosis is very diverse according to the research. In addition, a large proportion of respondents said they were diagnosed with other health problems.

Keywords: lactose intolerance, lactose, lactase, milk