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Randomized controlled trial on the efficacy of *Lactobacillus sporogenes* with colostrum (gastroaide) versus lactase in the treatment of lactose intolerance among children 5-18 years old in Barangay Malaban, Binan Laguna

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The objective of this study is to determine the efficacy of *Lactobacillus sporogenes* with colostrum (Gastro Aide) versus lactase in the treatment of Lactose Intolerance (LI) among children at Barangay Malaban, Binan Laguna. Purposive sampling was done and participants 5-18 years old were tested for LI using Hydrogen Breath Test (HBT). Those who tested positive were randomly assigned to either lactase or gastroaide group by a blinded third person. They were divided into two groups, lactase and gastroaide group and were given milk with the treatment twice a day for 14 days. Symptoms were recorded and repeat HBT was done. Statistical analysis used were frequency distribution and percentage, Fischer exact test, Mann Whitney U test. Borborygmi (p 0.197) flatulence (p 0.323), abdominal bloating (p 0.105) nausea and vomiting (p 0.286) abdominal pain (p 0.574) and diarrhea (p 0.303) all have p values of more than 0.05 and had no significant difference. Repeat HBT of both group showed a significant difference (p .038). In conclusion, the administration of gastroaide and lactase revealed a decrease in the signs and symptoms of lactose intolerance and incidence of patients who tested positive in the HBT. In this group, most patients provided with gastroaide had tested negative for HBT compared to those provided with lactase treatment. Favorable results were obtained for HBT among those who were provided with gastroaide compared to those provided with lactase.

Biography

Kathrin Ann Fatima P Pesigan has pursued Doctor of Medicine degree from FEU-NRMF at 2010 and her Residency Training in Pediatrics from Perpetual Help Medical Center at 2018. She was the Chief Resident from 2016 to 2018.

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