

deficiency. Yogurt contains inactive lactase enzyme, which is activated by the temperature and pH of the duodenum; this lactase activity substitutes for the lack of endogenous lactase. Fresh, plain yogurt may be tolerated better than frozen or flavored yogurt; hard cheeses, lactase-treated dairy products, and lactase tablets taken with dairy products are also viable options.

Nursing Care Management

Nursing care is similar to the interventions discussed for cow's milk allergy in [Chapter 10](#) and includes explaining the dietary restrictions to the family; identifying alternate sources of calcium, such as yogurt and calcium supplementation; explaining the importance of supplementation; discussing sources of lactose, especially hidden sources, such as its use as a bulk agent in certain medications; and recognizing ways of controlling the symptoms. Parents are advised to check with the pharmacist regarding the possibility of lactose when obtaining medication for the child.

Adolescent Disorders with a Behavioral Component

Substance Abuse

Although experimentation with drugs during childhood and adolescence is widespread, most children and teens do not become high-risk users. *Monitoring the Future* has been providing long-term research about the rates of substance use among adolescents, young adults, and adults since 1975 ([Johnston, O'Malley, Miech, et al, 2015](#)). The 2014 survey found that marijuana use and acceptance of marijuana use among 12th graders increased from 2006 to 2011 and then leveled from 2011 to 2013. Binge drinking (five or more alcoholic drinks at least once in the prior 2 weeks) has been on the decline since the early 1980s and reached historically low levels in 2014. Cigarette use has been on a steady decline from the mid-1990s until 2004, which followed a leveling off through 2014. More teens used e-cigarettes in 2014 than any other tobacco product, with a prevalence of 13.6% among 12th graders ([Johnston, O'Malley, Miech, et al, 2015](#)). The use of illicit drugs other than marijuana has shown minimal change from the late 1990s until 2014 ([Johnston,](#)