

complications. Nutritional consultation and follow-up care are essential. The nurse should encourage the adolescent and family members to structure the environment to reduce the bingeing behavior. Avoiding and eliminating trigger foods that would result in binges; restricting eating to one room of the house to avoid hiding and the shame related to overeating; being mindful and not engaging in other activities while eating; and substituting exercise, crafts, visualization, and relaxation techniques prior and during urges to binge are helpful interventions.

Nurses, patients, and families can find assistance and information from several organizations. The National Association of Anorexia Nervosa and Associated Disorders\* provides counseling, referral, and self-help programs for young people with AN. The National Eating Disorders Association<sup>+</sup> provides information and support services for both patients and families.

## Lactose Intolerance

*Lactose intolerance* refers to the inability to digest lactose, a sugar found in milk and dairy products. It involves a deficiency of the enzyme **lactase**, which is needed for the hydrolysis or digestion of lactose in the small intestine; lactose is hydrolyzed into glucose and galactose.

There are four types of lactase deficiency that leads to lactose intolerance. **Congenital lactase deficiency** occurs soon after birth after the newborn has consumed lactose-containing milk (human milk or commercial formula). This inborn error of metabolism involves the complete absence or severely reduced presence of lactase, is extremely rare, and requires a lifelong lactose-free or extremely reduced lactose diet. **Developmental lactase deficiency** refers to the relative lactase deficiency observed in preterm infants younger than 34 weeks of gestation and is usually reversible with time. **Primary lactase deficiency** is the most common type of lactose intolerance and is usually manifested by 2 years old, although the time of onset is variable. Ethnic groups with a high incidence of primary lactase deficiency include Asians, African Americans, and American Indians; individuals of northern European descent tend to have the lowest incidence ([Carter and Attel, 2013](#)). **Secondary lactase deficiency** occurs secondary to damage of the intestinal lumen, which decreases or destroys the