

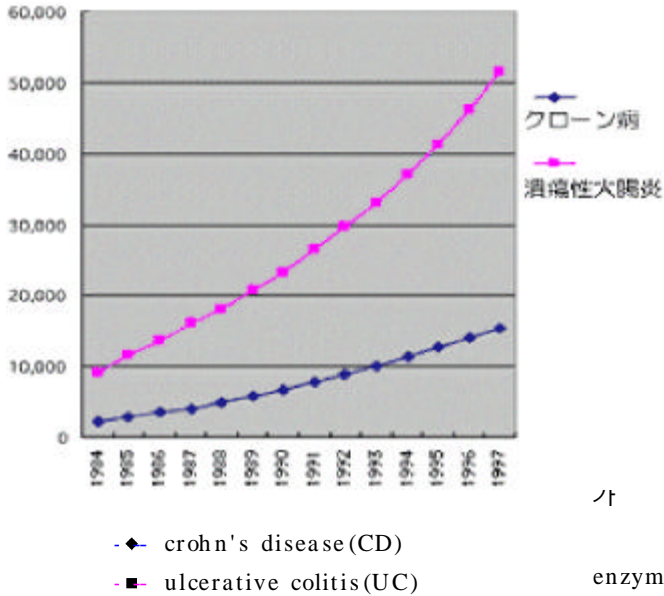


Inflammatory Bowel Disease 가

Inflammatory bowel disease (IBD) 가
IBD 가
lactose , long-chain , 가
ulcerative colitis (UC) Crohn disease (CD)
CD lactase
(small bowel transit time)
IBD 가
IBD 가
IBD 가

1.

inflammatory bowel IBD ulcerative colitis (UC)
disease (IBD) 70 Crohn's disease (CD)
UC 1996 4 6
가 , 10 36.9
4,000



(food sensitivities data)
가 가

IBD
(2-4, 11, 12).

, 1960

3-15), 90 가
1) long-chain (16)

IBD

가

(elimination diets)(8, 9)

enzyme-linked immunosorbent (19)

(17, 18)

1. Crohn's disease (CD)

Ulcerative colitis (UC)

CD UC
isotype

(20).

20-24 , 25-29

가 가 . CD 1984

2,000 , 1994 10,000

가가 IBD

(17, 21-23).

2000 20,000 가 (

1). CD

IBD 가 10-

2 20%(10, 11, 24)

3 가 . ,

가

(11).

CD

IBD

가

가 . ,

,

IBD

가 가 IBD

IBD

? , , , , . IBD 가 가

, haricot bean, salicylate가

(salicylate)

reintroduction, rechallenge,

double-blind challenge

.(1 10) 1925

2. Lactose

Kretschmer가 (25), lactase 1960
 , lactose
 60 (26).
 lactose
 가
 1) (90%)(27):
 , 2) (60-70%):
 , , ,
 () 3)
 (10-15%):
 3가 , 50g lactose
 (0.95 1
)
 lactose
 Lactose IBD
 가 가 가
 (28). lactose
 ,
 lactose Saavedra
 Perman (29).
 lactose
 . Lactose
 가 6%
 90% (15, 26, 27, 30, 31)

2.1. Ulcerative colitis

Lactose

UC 가
 (10). UC
 lactase
 가 (14, 32), UC
 () (33)

2.2. Crohn Disease

lactase
 CD
 가 lactase
 , CD
 가 가
 pironid (31)
 37 CD 67
 lactose 가 (12.5g, 25g
 50g) . 25g
 lactose CD 70% 30%가
 ,
 breath-hydrogen test
 CD lactose
 Mishkin (33) 25g 가
 CD가
 ,
 , breath-hydrogen
 가
 . (proximal small bowel (100%)> terminal
 ileum(68.1%)> terminal ileum/ colon (54.9%)
 >colon (43.5%) CD
 (43.5%)

가 (38, 39) CD
 CD elemental diet가 CD
 IBD (40)
 (33) (38-41)
 lactase 가 elemental diet 30% 가
 (5-7),
 . Breath-hydrogen
 CD 가 10% (8,9) Cambridge
 가 (10, 33, 34) group(5-7) CD 가
 breath-hydrogen (8, 9)
 , , breath hydrogen 20 ppm , food sensitivity
 (small bowel transit 가
 time) . Lactose elimination diet
 가 30% (5- 9). 가
 breath-hydrogen 10ppm
 Milk-free diets, gluten-free diet,
 가 , sugar-free diet
 CD 가 breath-hydrogen test (1-4, 8, 10)
 UC (42-46)
 (33, 34). Pearson(9) food sensitivity가 CD
 (35)
 glucose (50g) breath testing
 IBD . CD Non-lactose CD diet sensitivity
 breath- hydrogen test Ginsburg Albert (47)
 (36)
 가 food sensitivity
 CD 가 , UC
 가
 CD (37). 가
 3. IBD Lactose food sensitivity 가
 가 가
 UC 20% milk-free diet가 가
 (24).
 UC
 ,CD 가
 , lactose-free elemental diet (1), Lactose breath-hydrogen test IBD

<p>가 lactose noninvasive test</p>	<p>-galactosidase IBD</p>	<p>IBD 40%가 가 . Estern Pennsylvania 130 IBD chart</p>
<p>Suarez lactose (48).</p>	<p>IBD 7.7% IBD lactose (45, 46)</p>	<p>IBD (54). 가 가가</p>
<p>Liquid bolus(49) solid meal lactose challenge (50).</p>	<p>Elimination exclusion</p>	<p>IBD 4 .</p>
<p>diet 가 (51, 52) lactose 가 가</p>	<p>IBD Nutrition Review IBD 가 가</p>	<p>1. Andresen AFR. Gastrointestinal manifestations of food allergy. Med J Rec 1925 ; 122 : 171-5 2. Andresen AFR. Ulcerative colitis-an allergic phenomenon. Am J Dig Dis 1942 ; 9 : 91-8</p>
<p>IBD Nutrition Review IBD 가 가 CD 가 가 , UC CD 가 가 가 IBD 가 가 Bernstein(53) lactose 가</p>	<p>3. ackie TT. The medical management of chronic ulcerative colitis. JAMA 1938 ; 3 : 2074-6 4. Rowe AH. Chronic ulcerative colitis-allergy in its etiology. Ann Intern Med 1942 ;1 7 : 83-100 5. Jones VA, Workman E, Freeman AH, Dickinson RJ. Wilson AJ Hunter JO. Crohn's disease:maintenance of remission by diet. Lancet 1985 ; 22 : 177-80 6. Jones VA. Comparison of total parenteral nutrition and elemental diet in induction of remission of Crohn's disease Dig Dis Sci 1987 ; 32 : 12 (suppl) : 1005-75 7. Riordan AM. Hunter JO Multicenter</p>	<p>IBD 100</p>

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