

Lactose intolerance

Did you know that about 75% of people worldwide cannot digest lactose? The daily life of a lactose intolerant person is often difficult. Stomach pains, diarrhea, bloating... the symptoms of lactose intolerance can be very painful.

How to tell if you are lactose intolerant?

Lactose intolerance is the difficulty in digesting the sugar contained in milk and dairy products. It is caused by lactase deficiency. Lactose, which is not transformed by lactase, ends up in the intestine where it ferments, and this leads to unpleasant digestive symptoms. If the lactose passes through the small intestine without being absorbed a little - if not completely - then it reaches the large intestine, where it will ferment due to the specific intestinal flora. The result? Swelling, pain, acid diarrhea or vomiting in the most severe cases. The appearance of these kind of symptoms after drinking milk generally leads to the suspicion of lactose intolerance. However, this case can be confused with an allergy to milk proteins. That's why, we suggest you to make some specific tests that may or may not confirm a possible intolerance.



How is the diagnosis made?

As lactose intolerance can be a secondary consequence of chronic or insignificant digestive diseases, in case of doubt, the doctor can check for other possible conditions. The diagnosis of lactose intolerance can be confirmed in specialized centers, hospitals or clinics with a breath test.

Read the rest of the article:

<https://medimall.gr/lactose-intolerance/>



Baby bathtub: learn everything about it!

This baby bathtub is much more practical, as it allows your baby to be immersed in water. This way, your baby gets used to the contact with water much more. The other advantage is also in terms of safety. When your baby takes a bath, it is often restless, wiggling all over the place and doesn't seem to want to get washed. This bathtub prevents babies from slipping and ending up at the bottom of the tub. This way there is no risk.

<https://yelomart.fr/baignoire-bebe-apprendre-sujet/>

Kangoo jumps: the ultimate **fitness** trend!

Are you looking for a physical activity that is also fun? Try the Kangoo Jump! Climbing on... a pair of "kangaroo" boots, you will burn a lot of calories while the music and dance moves will boost your mood!

What is Kangoo Jump?

It started in Switzerland with the goal of helping athletes recover from injuries. This kind of training is famous in Latin America and Europe. In a one-hour session, not only will you have fun (you'll feel like you're going back to your childhood years on a trampoline!), but you'll get an intense workout for your muscles, respiratory and cardiovascular systems. The result? Toned thighs, rounder glutes, and better overall endurance. Not to mention all the calories you lose. Kangoo Jump is an ideal sport for anyone looking to lose weight. Best of all: at the end of a session,



you always feel happy, so there's a positive impact on your overall mood.

Read the rest of the article:

<https://medimall.gr/kangoo-jumps-the-ultimate-fitness-trend/>

Toxoplasmosis and pregnancy

Toxoplasmosis, a common and mild disease, can be dangerous if caught during pregnancy. Here are our tips for protecting yourself without necessarily having to stay away from your cat.

First, be proactive

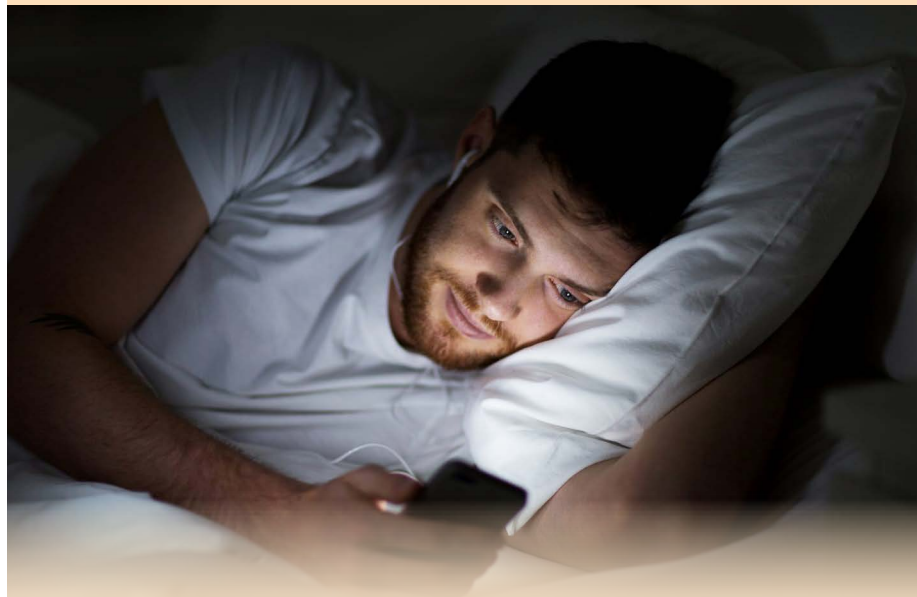
A blood test is necessary at the beginning of your pregnancy to check for toxoplasmosis. This will allow you to find out whether you are protected against this parasite and therefore take preventive measures. To avoid infection during pregnancy, you should follow the recommendations concerning diet, hygiene and contact with cats. In addition, monthly monitoring and serology tests will allow the detection of a possible infection and, if necessary, the implementation of an appropriate treatment.

Read the rest of the article:

<https://medimall.gr/toxoplasmosis-and-pregnancy/>



Sleep: the key to male fertility



If they want to produce quality sperm, it's time for men to stop staying up late reading, browsing on their smartphone, or watching TV series. A recent Danish study published by The Independent claims that to maintain their sperm quality, men should start falling into the arms of... Morpheus before 10.30pm!

Men who go to bed earlier have better sperm quality

A research team from the University of Aarhus in Denmark gathered 104 male volunteers from fertility clinics - 56 of whom had low sperm quality

- to examine their sleep habits. It was noted that men who went to bed before 10.30pm were four times more likely to have healthy sperm compared to... night owls who stayed awake after 11.30pm! The research team also found that men who completed eight hours of sleep during the night were more likely to have healthy sperm than those who chose to sleep less than seven hours a night.

Read the rest of the article:

<https://medimall.gr/sleep-the-key-to-male-fertility/>