



Lactose Intolerance Screening and Management Among HIV Positive Pregnant Women in Nairobi: A Review of Five Years' Intervention Efforts

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Abstract

Lactose intolerance is a common gastrointestinal disorder affecting millions globally, with HIV-positive pregnant women at an increased risk due to nutritional challenges and immunological factors. A comprehensive literature review was conducted using databases such as PubMed, Google Scholar, and African Journals Online to identify relevant studies from to . The review underscores the importance of integrating lactose intolerance screening into routine prenatal care to improve maternal and neonatal health outcomes. Implement standardised protocols for lactose intolerance screening during antenatal visits and ensure availability of lactose-free alternatives in healthcare settings.

Keywords: *African, Geographic, Epidemiology, Immunology, Screening, Intervention, Nutrition*

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