COMPARISON OF THREE LYMPH NODE MODULATION OF INTESTINAL DYSBIOSIS

Methods A multicenter prospective cross-sectional study was performed from July 2012 to December 2014. We compared patients with and without gastric polyps for the prevalence of colorectal adenomas. The odds ratios (OR) were computed by logistic regression analysis after multivariable adjustments.

Results Totally 1546 patients were included, with 770 patients in the gastric polyp group and 776 in the age- and sex-matched control group. Patients with gastric polyps had greater odds of having any colorectal adenoma (adjusted OR=2.36, 95% confidence interval [CI]: 1.81 to 3.09, p<0.001) and advanced colorectal adenomas (adjusted OR=2.74, 95% CI: 1.76 to 4.28, p<0.001) than those without. The positive association between gastric polyps and colorectal adenomas remained significant in both women (OR=2.34, 95% CI: 1.66 to 3.29, p<0.001) and men (OR=1.87, 95% CI: 1.31 to 2.66, p=0.001). Patients over the age of 40 with gastric polyps had a higher prevalence of colorectal adenomas than those without (40–49 year: OR=1.81, 95% CI=1.02–3.21, p=0.04; 50–59 year: OR=1.88, 95% CI=1.26–2.81, p<0.001; 60–74 year: OR=2.62, 95% CI=1.73–3.98, p<0.001).

Conclusions The presence of gastric polyps is significantly associated with a higher prevalence of colorectal adenomas, especially advanced colorectal adenomas. Colonoscopy might be considered in patients with gastric polyps, of any gender, and over the age of 40.

MODULATION OF INTESTINAL DYSBIOSIS IN PATIENTS WITH CONSTIPATION-PREDOMINANT IRRITABLE BOWEL SYNDROME USING LACTOBACILLUS-CONTAINING CULTURED MILK DRINK

Background Dysbiosis of gut microbiota is postulated to play a role in the pathogenesis of irritable bowel syndrome. A safe and affordable strategy to maintain gut microbiome homeostasis is by introducing cultured milk drink. This study aimed to investigate the effects of lactobacillus-containing cultured milk drink on clinical symptoms and circulating pro-inflammatory cytokines in subjects with constipation-predominant irritable bowel syndrome (IBS-C) as compared to controls.

Methods Subjects fulfilling Rome III criteria for IBS-C were recruited. Each subject had to drink three bottles of 12-cultured milk drink daily for 30 days, each containing 10^9 cfu of live bacteria consists of Lactobacillus acidophilus and Lactobacillus paracasei with 4.06 g/10=fructose, 4.14 g/10=glucose, 0.29 g/10=sucrose, <0.1 g/10=maltose and 1.35 g/10=lactose. Intestinal transit time (ITT), clinical symptoms (Garrigues questionnaire), stool pH and serum IL-6, IL-8 and TNF-α were assessed at pre and post 30 day consumption.

Results About 77 IBS-C with 88 controls (mean age: 29.71 ±8.79 and 29.27±7.64 years old respectively) were recruited. At 30 days of post-consumption, majority (97.4%) of IBS-C had improvement in constipation-related symptoms, and faecal pH was significantly reduced from 6.13±0.57 to 5.94±0.37 (p<0.05). ITT showed significant improvement in IBS-C group (45.82±28.89 to 30.64±20.07 hours) as well as in control group (15.73±9.28 to 10.82±5.34 hours) (p<0.05). Interestingly, there was also a significant difference in ITT between these groups (p<0.05). In IBS-C, the levels of TNF-α and IL-6 were significantly lower in post as compared to pre-consumption IBS-C group (p<0.05). While for IL-8, the level was significantly reduced post-consumption in IBS-C and controls (p=0.05).

Conclusions Daily consumption of cultured milk drinks for 30 days is beneficial to improve constipation-related symptoms, reduces faecal pH, ITT and pro-inflammatory cytokines among IBS-C patients. Consideration should be made to include cultured milk drink as an option in the treatment of IBS-C.