SHOTGUN ANALYSIS OF GUT MICROBIOTA WITH BODY COMPOSITION AND LIPID CHARACTERISTICS IN CROHN'S DISEASE

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A prospective study of 27 Crohn's disease patients found specific gut microbiota profiles associated with obesity, body composition measures, and lipid levels, with higher beta diversity in non-obese patients.

KEY POINTS

- Among the 27 CD patients studied (median age 35 years), 44.4% were obese by BMI and 27.3% by visceral fat area, with beta diversity significantly higher in non-obese patients ($p<0.001$).
- Specific bacterial abundances correlated with lipid levels: lower Firmicutes and higher C.innocuum at high cholesterol ($p=0.001$, $p=0.0034$), and Adlercreutzia, B.longum, and Blautia correlated with triglyceride levels.
- High visceral fat area was associated with higher Clostridia ($p=0.009$) and B.schinkii ($p=0.032$) and lower Lactobacillus ($p=0.035$), while B.bifidum was enriched in low-weight patients ($p=0.01$).
- Disease activity was coupled with dysbiotic elements, and microbiota alterations were observed during different treatments.
- The authors suggest that changes in Blautia, Lactobacillus, Clostridia and Bifidobacterium in obesity may inform therapeutic approaches including prebiotics, probiotics, or personalized faecal microbiota transplantation.

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