

TARGETING THE INTESTINAL ECOSYSTEM THROUGH A GUT MICROBIOME TESTING TO TREAT RECURRENT URINARY-TRACT INFECTIONS FROM GUT PATHOBIONTS: A PILOT STUDY

Flavio De Maio

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Poster

Colorectal

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A pilot study of 12 patients with recurrent urinary tract infections found that targeted therapy based on gut microbiome testing resulted in 75% being free from new UTI episodes at 12 weeks.

KEY POINTS

- All 12 patients received personalized therapy based on 16S rRNA stool microbiome testing, including non-absorbable antibiotics (rifaximin in 83%, paromomycin in 17%), probiotics (E. coli Nissle 1917 in 58%, multi-strain probiotics in 58%), and prebiotics in seven patients.
- At 12-week follow-up, nine patients (75%) had no recurrence of UTIs and eight patients (73%) experienced improvement in gastrointestinal symptoms.
- Microbiome testing revealed decreased Akkermansia in 67% of patients, decreased short-chain fatty acid producers in 58%, and increased Proteobacteria in 58%.
- The authors conclude that precision medicine based on gut microbiome testing may be a promising approach for recurrent UTIs and that larger randomized studies are needed to confirm these preliminary findings.
- This material is most relevant to clinicians and researchers interested in microbiome-based approaches to recurrent urinary tract infections.

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