

IS MICROBIOTA CHARACTERIZATION A USEFUL TOOL IN CLINICAL PRACTICE? AN EXPLORATORY ANALYSIS OF PATIENTS FROM THE IBS.CONSTANT-CARE E-HEALTH MONITORING INITIATIVE

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Poster

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An exploratory study of IBS patients found that both low-FODMAP diet and probiotic treatment led to temporary microbiota changes in responders, with all one-year responders achieving normobiotic status.

KEY POINTS

- In 25 IBS treatment responders, dysbiosis increased from 2 of 22 at baseline to 8 of 19 at four weeks, but all 15 responders providing one-year samples were normobiotic.
- After four weeks, probiotic responders showed temporarily increased abundance of *Bacilli*, *Lactobacillus* spp., and *Streptococcus salivarius* ssp. *thermophilus* ($p < 0.05$), while low-FODMAP diet responders showed decreased *Anaerobutyricum hallii*.
- Baseline abundance of *R. gnavus* was greater in patients who responded to probiotics compared to those who responded to low-FODMAP diet.
- The study used the standardized GA-map Dysbiosis Test Lx to characterize gut microbiota before treatment, at four weeks, and at one year in non-comorbid IBS patients from a previous trial.
- The authors conclude that microbiota characterization is a promising monitoring tool for IBS treatments but more extensive studies are needed.

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