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Summary

THE IMPACT OF GUT MICROBIOTA MODULATION ON THE EVOLUTION OF CELIAC DISEASE

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A randomized placebo-controlled trial of 25 adults with active celiac disease found that a six-week course of combination Lactobacillus and Bifidobacterium probiotics alongside a gluten-free diet improved gastrointestinal symptoms, reduced celiac-specific antibodies, and decreased intraepithelial lymphocytes compared to placebo.

KEY POINTS

- Patients receiving probiotics (13 participants) showed statistically significant improvement in indigestion, diarrhea, constipation, gastroesophageal reflux, and abdominal pain compared to placebo (12 participants), with p-values ranging from 0.0378 to 0.002.
- Serologic markers improved more in the probiotic group, with IgA tissue transglutaminase levels of 0.96 versus 1.16 in placebo (p=0.048) and IgA endomysial antibodies 1.05 versus 0.97 (p=0.028).
- Histologic response showed reduced intraepithelial lymphocytes in the probiotic arm (0.83 versus 1.07 in placebo, p=0.049), and inflammatory cytokines IL-1b, IL-6, and TNF-alpha showed trends toward greater decrease in the probiotic group.
- All participants remained on a gluten-free diet throughout the six-week intervention, with evaluations at baseline, end of treatment, and 30 days post-therapy using Marsh classification for histology and the Gastrointestinal Symptom Rating Scale for symptoms.

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