GASTROINTESTINAL AND NEUROLOGICAL EFFECTS OF PROBIOTICS IN PATIENTS WITH PARKINSON'S DISEASE AND CHRONIC CONSTIPATION: A PILOT STUDY

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A 12-week synbiotic intervention (Lactobacillus casei plus inulin) in 30 Parkinson's disease patients with chronic constipation or IBS-C significantly improved patient satisfaction, gastrointestinal symptoms, and motor and non-motor neurological features.

KEY POINTS

- Patient satisfaction increased from 17% to 60% (p=0.002) and 83% of patients reported improvement on a global rating of change scale after 12 weeks of synbiotic treatment with Enterolactis duo (4 sachets daily).
- Gastrointestinal symptoms improved significantly: PAC-SYM score decreased from 1.42 to 0.91 (p<0.001), complete bowel movements per week increased from 3 to 5.5 (p<0.001), and Bristol stool scale improved from 2 to 3 (p<0.001).
- Motor and non-motor neurological scores improved post-treatment, including MDS-UPDRS part 1 (13.5 to 9.0, p=0.001), SCOPA-AUT autonomic dysfunction score (17.0 to 13.5, p=0.002), and Hamilton depression rating scale (12.5 to 9.0, p=0.045).
- The authors suggest that synbiotic supplementation may act on the gut-brain axis and could be a useful therapeutic approach in Parkinson's disease patients with constipation.
- This study may interest clinicians managing non-motor symptoms in Parkinson's disease, particularly those exploring microbiome-based interventions for constipation.

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