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Summary

BILE SALT HYDROLASE PRODUCING PROBIOTICS IN THE MANAGEMENT OF IRRITABLE BOWEL SYNDROME WITH DIARRHEA: A RANDOMIZED STUDY

Serhii Polishchuk

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Colorectal

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A 12-week randomized trial of 108 IBS-D patients found that combining a multi-strain probiotic with bile salt hydrolase activity and cholestyramine was more effective than cholestyramine monotherapy in relieving symptoms and achieving clinical response.

KEY POINTS

- The experimental group (n=57) received cholestyramine plus a probiotic containing Lactobacillus, Streptococcus, Bifidobacterium, and Saccharomyces boulardii strains, while the control group (n=51) received cholestyramine alone.
- The study probiotic demonstrated bile salt hydrolase relative activity of 2.07±0.06 U/ml, compared to 1.0±0.04 U/ml for L. plantarum capsules and 0.03±0.01 U/ml for L. plantarum without BSH-genes.
- At 8 and 12 weeks, the experimental group showed significantly lower bloating severity and visceral sensitivity index values compared to controls ($p<0.05$ for all).
- At 12 weeks, the experimental group had significantly improved Bristol stool scale type and daily stool frequency versus controls, and higher clinical effect achievement on the IBS-adequate relief scale (OR=1.31, 95% CI 1.03-1.68, p=0.038).

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