

What is the role of probiotics in the management of Inflammatory Bowel Disease [IBD]?

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Background and aims:

IBD is a chronic autoimmune condition with two main subtypes: Crohns Disease [CD] and Ulcerative Colitis [UC]. The exact aetiology behind IBD is unknown, however there is increasing evidence alterations to the gut microbiome play a role. Changes such as decreased microbial diversity, increased mucosal permeability and exaggerated immune responses drive the pathogenesis behind IBD and probiotics are live microorganisms known to alter gut microbiota. ^[1]

This poster aims to explore if there's sufficient evidence using probiotics in treating IBD.

Methods:

Pubmed database was searched using 2 MeSH terms, filtered for 'systematic reviews', yielded 58 results. 3 systematic reviews were chosen based on their relevance to the aims, large sample size and recent publication date. The relative risk/odds ratios were calculated, looking at probiotics effect on inducing or maintaining IBD remission.

Results:

Study 1 found probiotics efficacious in inducing and maintaining remission for UC but not CD. ^[2] Study 2 found probiotics statistically significant [$p < 0.05$] in inducing remission for active UC patients. ^[3] Study 3 concentrated on UC and found probiotics statistically significant [$p = 0.01$] only in maintaining remission. ^[4]

Discussion & conclusion:

Probiotics show potential in managing UC as an adjunct therapy but there is lack of evidence utilising them for CD. Further research is needed specifying types/doses of probiotics with longer follow-up to ascertain the long-term consequences.

Abbreviations:

Inflammatory bowel disease: IBD

Crohns Disease: CD

Ulcerative colitis: UC

References:

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