

Abstracts of the 9th Workshop Probiotics and Prebiotics Spanish Society of Probiotics and Prebiotics (SEPyP)

Zaragoza, Spain, February 15–16, 2018

Abstracts

Guest Editors

Ascensión Marcos, Research Professor at the Spanish National Research Council, Madrid

Guillermo Alvarez Calatayud, President of the Spanish Society of Probiotics and Prebiotics (SEPyP), Madrid

Track 2: Clinical Use

Reviewers:

Francisco Guarner Aguilar

Department of Gastroenterology. Hospital Vall d'Hebron. Barcelona.

Guillermo Álvarez Calatayud

Department of Pediatrics. Gregorio Marañón Hospital. Madrid.

Fernando Azpiroz Vidaur

Department of Gastroenterology. Hospital Vall d'Hebron. Barcelona.

Rosaura Leis Trabazo

Paediatrics Professor. University of Santiago de Compostela. Gastroenterology, Hepatology and Paediatrics Nutrition Unit. Coordinator at the University Hospital of Santiago.

309/9

DIGESTIVE DISORDERS IN THE ELDERLY AND PROBIOTICS IN THEIR PREVENTION

⁽¹⁾F. Hernández-Martínez; ⁽²⁾C. Jiménez-Rodríguez; ⁽³⁾J. Jiménez-Díaz; ⁽³⁾B. Rodríguez-de-Vera.

⁽¹⁾Occupational Risk Prevention Service. Cabildo de Lanzarote. Islas Canarias. Spain.; ⁽²⁾Pharmaceutical. Official College of Pharmaceuticals of Las Palmas de Gran Canaria. Islas Canarias. Spain.; ⁽³⁾Nursing Department University of Las Palmas de Gran Canaria. Islas Canarias. Spain.

Introduction: In the elderly the digestive affections are more frequent due to different causes. The physiological changes inherent in age, the adverse effects of certain medications and the sedentary lifestyle are the main causes of digestive and motor dysfunction. It has been shown that the intake of fermented milks with the addition of bifidobacterium, twice a day, accelerates colonic transit and regularizes the defective habit.

Objectives: To determine if the users of a Center of the Third Age of the Canary Islands who report having problems of abdominal distension and constipation, improve this symptomatology with healthy habits of life and the taking of yogurt with Bifidobacterium.

Methods: Quantitative, descriptive, observational study using an ad hoc questionnaire on a random sample of 40 people over 65 years of age after taking dairy products containing yogurt with probiotics for 15 days. Data collection period: September 2017. Data analysis with the statistical package SPSS 21.0.

Results: mean age of 71 ± 24 years, the age group between 70 and 80 years is the most numerous in the study and men are the most frequent sex (60%). 85% of patient referred improvement of constipation after taking yogurts with probiotics and reduced intake of milk and refined sugars. There is a significant difference between the consumption of probiotics and chewing food during longer periods of time and the reduction of abdominal distension.

Conclusions: The combination of probiotic consumption and the acquisition of certain eating habits improve constipation in the elderly.

References:

1. Bixquert M. Manejo dietético del estreñimiento crónico funcional. Especial referencia al beneficio de las bifidobacterias. *Alim Nutri Salud*, 2008; 15: 31-38.

2. Zarzuelo A, Gálvez J. Fibra dietética. En: Gil A, ed. *Tratado de Nutrición*. Madrid: Acción Médica 2005; 337-368.

Conflict of interest: Authors declare no conflict of interest.

309/11

SYNBIOTIC, CONTAINING *BACILLUS COAGULANS* LMG-S-24828 AND PREBIOTICS IN THE PREVENTION OF GASTROINTESTINAL ADVERSE EFFECTS

⁽¹⁾B. Medrano Engay; ⁽²⁾C. Gómez Notario; ⁽³⁾J. Alcedo; ⁽⁴⁾P. Giraldo Castellano.

⁽¹⁾Unit for Translational Research. University Hospital Miguel Servet. Zaragoza. Spain.; ⁽²⁾Unit for Translational Research. University Hospital Miguel Servet. Fundación Española para el Estudio y Terapéutica de la Enfermedad de Gaucher y otras Lisosomales. Zaragoza. Spain.; ⁽³⁾Digestive Unit. University Hospital Miguel Servet. Zaragoza. Spain.; ⁽⁴⁾Instituto de Investigación Sanitaria Aragón. Fundación Española para el Estudio y Terapéutica de la Enfermedad de Gaucher y otras Lisosomales. Centro de Investigación Biomédica en Red de Enfermedades Raras. Zaragoza.

Introduction: Some tyrosine kinase inhibitors used in the treatment of chronic myeloid leukemia, and Miglustat, an iminosugar used in lysosomal diseases, both can cause gastrointestinal disorders such as diarrhea, bloating and abdominal pain. These adverse effects decrease health-related quality of life and lead to early withdrawal of treatment. Some probiotics have shown improvement in symptoms mentioned in patients with functional digestive disorders (1).

Objectives: To evaluate the effect of controlled administration of a symbiotic, containing *Bacillus coagulans* LMG-S-24828 and prebiotics for one month on the quality of life related to gastrointestinal health in patients treated with ITKs and miglustat. Secondly, to establish whether the symbiotic provides advantages in adherence to the treatments mentioned.

Methods: Randomized cross-over trial in which 15 patients on ITKs or Miglustat were blinded to placebo or symbiotic in a daily dose, with a two-month "wash" phase between administration of each from them. The patient was asked to complete the validated Spanish version of the Gastrointestinal Quality of Life Index (GIQLI) questionnaire (2) before the first dose of each product and one month after its start. The frequency of treatment withdrawal with ITKs and Miglustat in each group was also evaluated. The analysis of the results will be performed using the Student t test, considering statistical significance of the differences with p value <0.05.

Results: The recruited patients are in the wash phase and the results obtained after the surveys will be provided at the meeting