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**Newsletter #97**

January 12th, 2017



## Editorial

Dear Friends,

In the 2016 calendar year, MEDLINE indexed over 2000 publications on "gut microbiota" -- that's more than double the number of publications on the topic in 2015, and greater than any previous year. What will 2017 bring for gut microbiota research? The GMFH team will be following all the developments closely!

Our feature article this week outlines important points for health care providers about probiotic safety and quality standards, based on a *Journal of the American Pharmacists Association* commentary co-authored by eight leading probiotics experts. We follow this article with one that describes a possible clinical use of probiotics: prevention of chemoradiotherapy-induced diarrhoea in individuals with abdominal or pelvic cancer.

Research highlights in this newsletter include an article outlining an intestinal microbiota signature related to the severity of symptoms in irritable bowel syndrome; an interview covering an evolving theory about the role of gut microbiota in the development of asthma and allergy in children; and an article on a recent mouse study that showed how a diet low in fibre may degrade the colonic mucus barrier and promote enteric pathogen infection.

Finally, in case you missed the latest and greatest meeting of the International Human Microbiome Consortium (IHMC) in Houston, USA, three of our contributors bring you a report of the highlights below!

The GMFH publishing team



**Key points for health care providers about probiotic safety and quality standards**

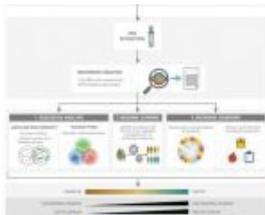


Study or Subgroup	Probiotics		Control		Weight	M-H, Random, 95% CI
	Events	Total	Events	Total		
<b>5,1.1 Incidence of CDI</b>						
Cuellar 2009	7	20	13	20	8.0%	0.29 [0.06, 1.08]
Chakravarti 2010	0	102	14	101	0.0%	0.15 [0.00, 0.60]
DuBo 2007	77	243	124	120	10.1%	0.43 [0.20, 0.90]
Demers 2014	54	81	26	80	14.0%	0.40 [0.21, 0.71]
Spink 2009	23	88	15	81	12.0%	0.40 [0.20, 0.80]
Okamoto 1993	30	130	42	115	10.0%	1.02 [0.50, 1.71]
Schnepp 1993	0	11	0	10	3.0%	0.00 [0.00, 0.00]
Subtotal (95% CI)	181	585	130	586	65.2%	0.40 [0.27, 0.60]
Total events	181	585	130	586		
Heterogeneity: Tau <sup>2</sup> = 0.20; I <sup>2</sup> = 20.6%; H = 4.19; P = 0.002; P = 0.19.						
Test for overall effect: Z = 3.08 (P < 0.01)						
<b>5,1.2 Incidence of CDI</b>						
Maga 2013	0	23	4	23	3.4%	0.00 [0.00, 0.00]
Chakravarti 2007	21	80	19	79	14.0%	0.40 [0.20, 0.80]
Subtotal (95% CI)	21	103	23	102	17.4%	0.40 [0.15, 1.00]
Total events	21	103	23	102		
Heterogeneity: Tau <sup>2</sup> = 0.10; I <sup>2</sup> = 1.10; H = 1.19; P = 0.302; P = 0.95.						

## Probiotics may help prevent chemoradiotherapy-induced diarrhoea in people with abdominal and pelvic cancer

Scientific evidence shows probiotics may have a role in treating acute infectious diarrhoea and preventing antibiotic-associated diarrhoea. However, little is known regarding their role in the treatment of diarrhoea generated as a result of radiotherapy...

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## Researchers identify intestinal microbiota profile related to severity of IBS symptoms

Irritable bowel syndrome (IBS) is the most prevalent functional gastrointestinal disorder in western societies and recent research has proposed gut microbiota as one of the potential main factors involved. However, little is known regarding the...

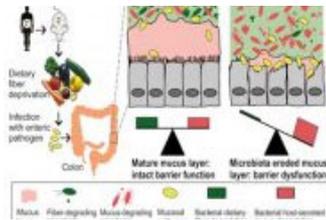
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## Role of gut microbiota diversity in protection from asthma and allergy development

A recent study led by Dr. Alex Mira (FISABIO, Spain) and Dr. Maria C. Jenmalm (Linköping University, Sweden) and researchers at IATA-CSIC (Spain) has presented an analysis of a total of 192 faecal samples from...

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## A fibre-deprived diet may degrade the colonic mucus barrier and promote enteric pathogen infection in mice

Dietary fibre from plant-based foods is the most common fuel for some bacterial species in the gut microbiota and in some contexts has been shown to play a key role in protecting the host against...

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## Report from #IHMC2016: International microbiome community discusses advances and challenges in human microbiome science

The 6th Congress of the International Human Microbiome Consortium took place on November 9-11, 2016 in Houston, TX. This first IHMC congress to be held in the USA attracted a wide international audience with attendees...

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