

SIBO Case Assignments

Please review the following case studies and evaluate them to the best of your ability. You should treat these case studies as if they were your own patients and practice interpreting each lab. Don't worry, you won't have to turn in your answers for a grade. These assignments should be treated as more of a self study tool to help you measure your progress throughout the course. We have also provided an answer key in a separate document, detailing the lab interpretation by Chris and his staff for your comparison.

You may also want to discuss the cases with others in the ADAPT Discussion group.

Of note, all presented test results are from lactulose breath tests, rather than glucose.

CASE #1:

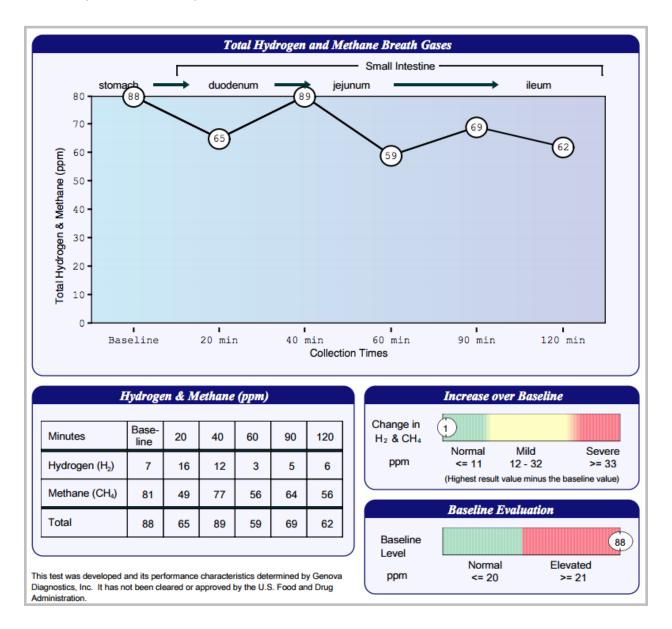
65-year-old female with Hashimoto's, hyperlipidemia, rosacea, heart palpitations, and occasional abdominal bloating/distention.

Data									
	H ₂ = Hydrog	ppm H ₂	= Methane ppm CH ₄	CO ₂ = Meas	CO ₂	160 140	0		
1	Baseline	1	4	5	ОК	120	$\overline{\wedge}$		n 📗
2	20 min	8	9	17	ОК	100 -		/ <u>/</u> A	ν. Δ. Δ
3	40 min	86	23	109	OK	80 -			ΔΔ
4	60 min	114	21	135	OK	60 //	X		40
5	80 min	94	20	114	OK	40 //			Δ
6	100 min	67	21	88	OK	20.			
7	120 min	109	24	133	OK				
8	140 min	92	23	115	OK	1 2 3	4 5 6		8 9 10
9	160 min	76	20	96	OK				
10	180 min	50	18	68	OK	a Hydrogen -	Methane —o—	- Combined H	ydrogen & Methane
*Dilutions of the sample may occur during the sampling procedure which may decrease the CO ₂ concentration of the sample and render the sample invalid. If the concentration falls below 1.4 %, the entry for CO ₂ will be marked as Quantity Not Sufficient (QNS) and the entries for H ₂ and CH ₄ will be highlighted. If the sample is otherwise unusable the entry for CO ₂ will be marked as Not Available (N/A) and the entries for H ₂ and CH ₄ will be highlighted. See notes section for details if cells are highlighted and blank or highlighted and contain N/A or QNS. Analysis									
Combined baseline total = 5 -							≤20ppm		
Greatest H ₂ increase over the lowest preceding value within first 120 minutes = 113					Н	≤20ppm			
Greatest CH ₄ increase over the lowest preceding value within first 120 minutes = 20						Н	≤12ppm		
Greatest com	bined H ₂ & C	H₄ increa	se over the	lowest preced	ling va	lue within first 120 minutes =	130	Н	≤15ppm
Interpretation	n								
SIBO Suspected - Elevated Hydrogen Increases of hydrogen greater than 20ppm over the lowest preceding value within the first 120 minutes (+/- 5min deviation) are indicative of bacterial overgrowth.						POSITIVE			
SIBO Suspected - Elevated Methane Increases of methane greater than 12ppm over the lowest preceding value within the first 120 minutes (+/- 5min deviation) are indicative of bacterial overgrowth.						POSITIVE			
SIBO Suspected - Elevated Combined Hydrogen & Methane Gasses In combined hydrogen and methane gas values greater than 15ppm over the lowest preceding value are indicative of bacterial overgrowth.					POSITIVE				



CASE #2:

34-year-old female with multiple sclerosis diagnosed in 2005. She has very limited mobility and uses a scooter since she is unable to walk more than a few steps. She has a long history of constipation and performs manual evacuation, but even then is only able to evacuate her bowels once every two to three days.



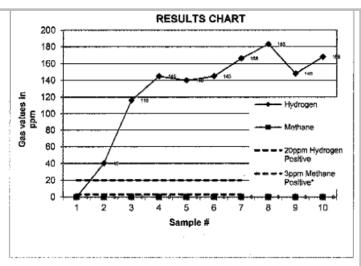


CASE #3:

49-year-old female with severe insomnia, anxiety, constipation and hypothyroidism. She has taken cascara sagrada daily for the past three years and reports being unable to have a bowel movement without it.

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Sample	Sample	 	(5.0

	Sample Time	Sample #	ppm H ₂	ppm CH₄	(f) CO ₂	
	Control		0	0	1.26	
Dinien	20 min.	2	40	0	0.97	
	40 min.	3	116	0	1.04	
	60 min.	4	145	0	1,03	
	80 min.	5	140	0	1.07	
	100 min.	8.7	145	0	1.10	
	120 min.	7	166	Ø	1:09	
	140 mln.	8	183	0	1.12	
	160 min.	9: ::	148	0	1,12	
	180 mln.	10	168	0	1.12	



The 120 minute mark corresponds to the time the biomarker should transition from the small intestine and enter the colon.

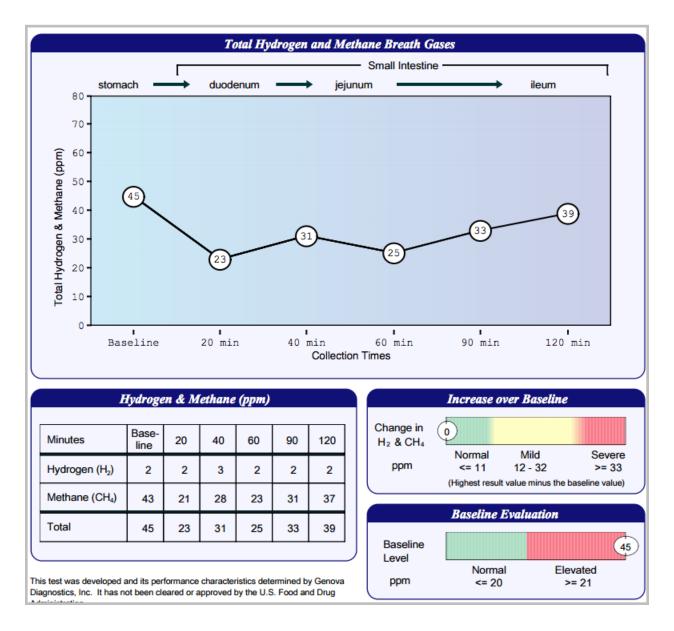
Summary of 2 Hour Results						
Peak increase values for each trace gas are presented below:						
Peak Hydrogen (H2) Production:	166	ppm	Normal <20 ppm			
Peak Methane (CH4) Production:	0	ppm	Normal <3 ppm*			
Peak Combined Gas Production:	166	ppm	Normal <20 ppm			

RESULT: BASED ON THE CRITERIA USED IN THIS STUDY, PRESENCE OF BACTERIAL OVERGROWTH IS SUPPORTED*



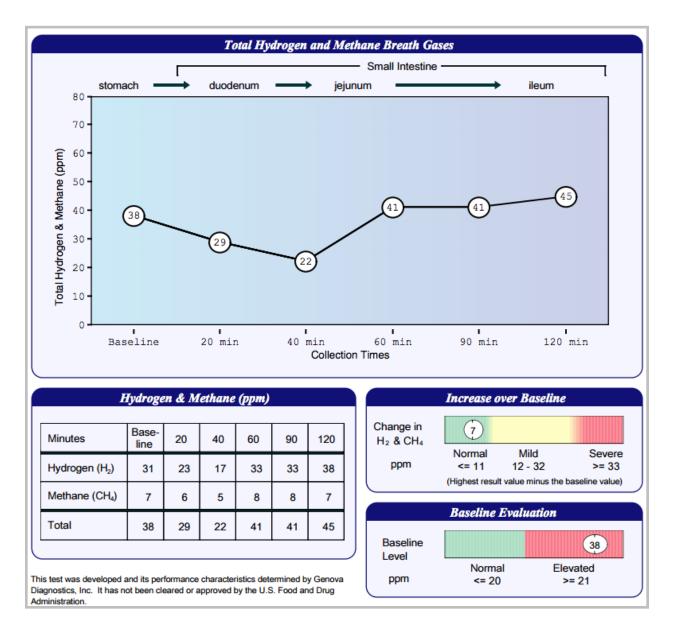
CASE #4:

68-year-old female with Parkinson's and associated mild hand tremor. She reports otherwise being in good health and has no digestive complaints.





SIBO is associated with Parkinson's in the scientific literature, so the positive finding is not surprising. She was treated with an herbal antimicrobial protocol for the moderate SIBO due to elevated methane levels and a repeat SIBO breath test was performed.





CASE #5:

31-year-old female with anxiety, depression, fatigue, eczema, and multiple food intolerances.

