

# SIBO Case Assignments

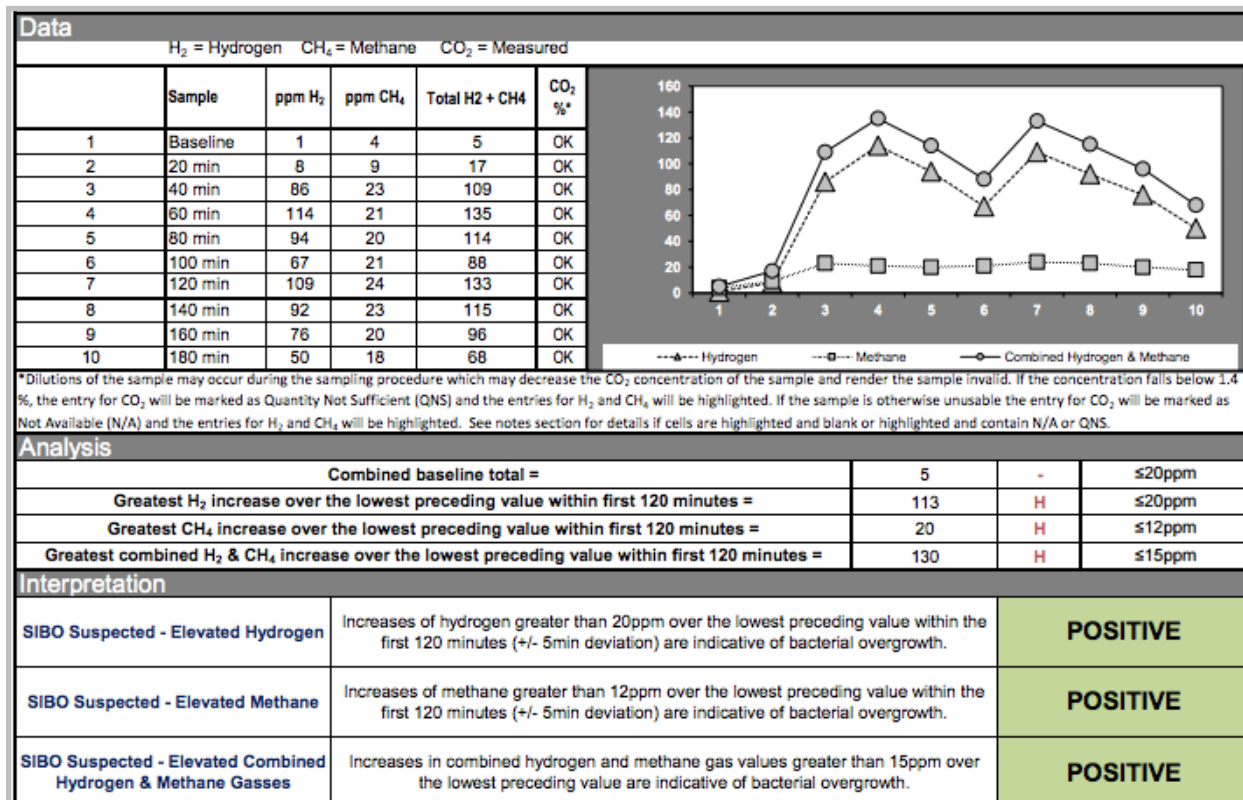
Please review the following case studies and evaluate them to the best of your ability. You should treat these case studies as if they were your own patients and practice interpreting each lab. Don't worry, you won't have to turn in your answers for a grade. These assignments should be treated as more 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.

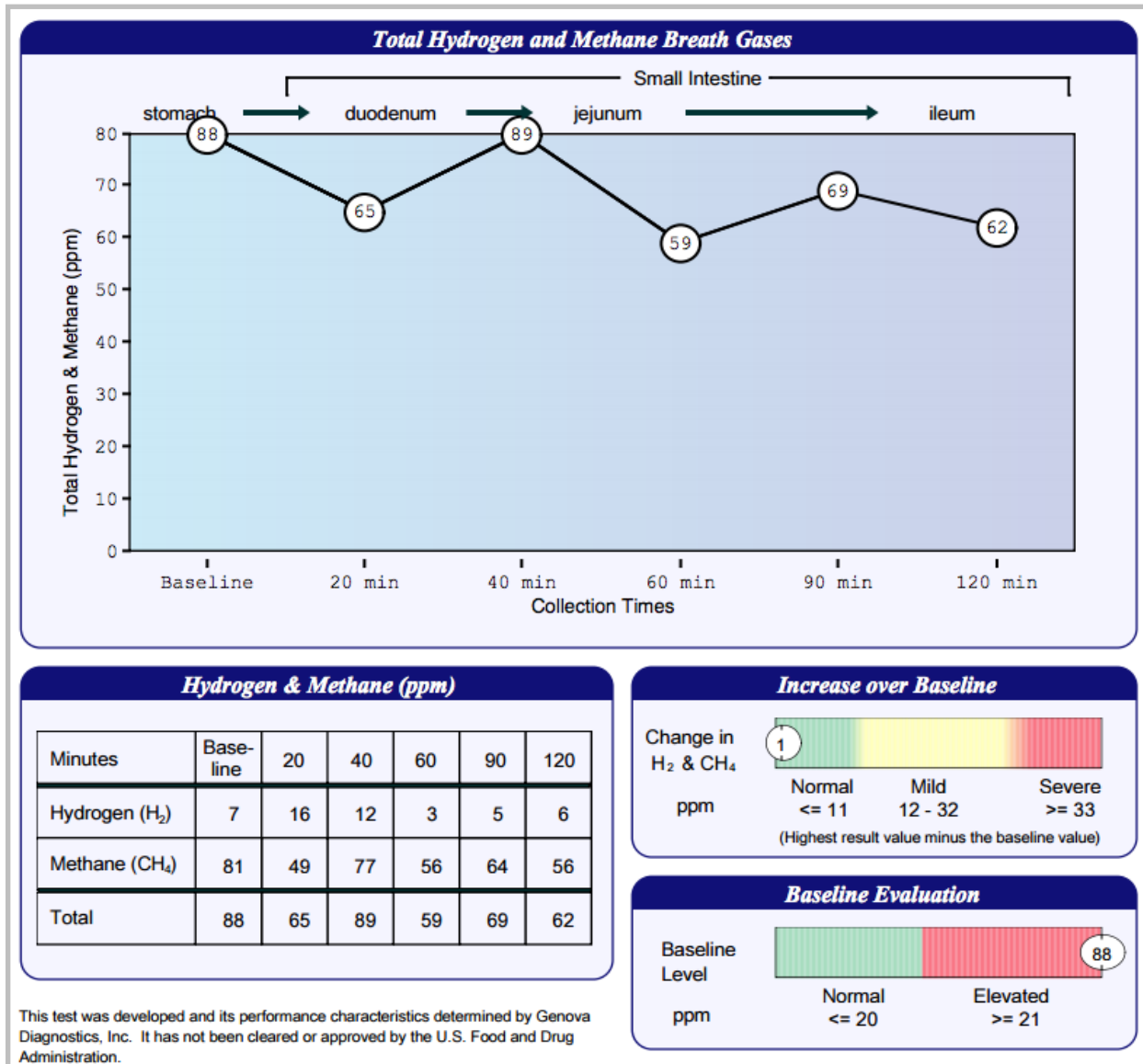
## CASE #1:

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



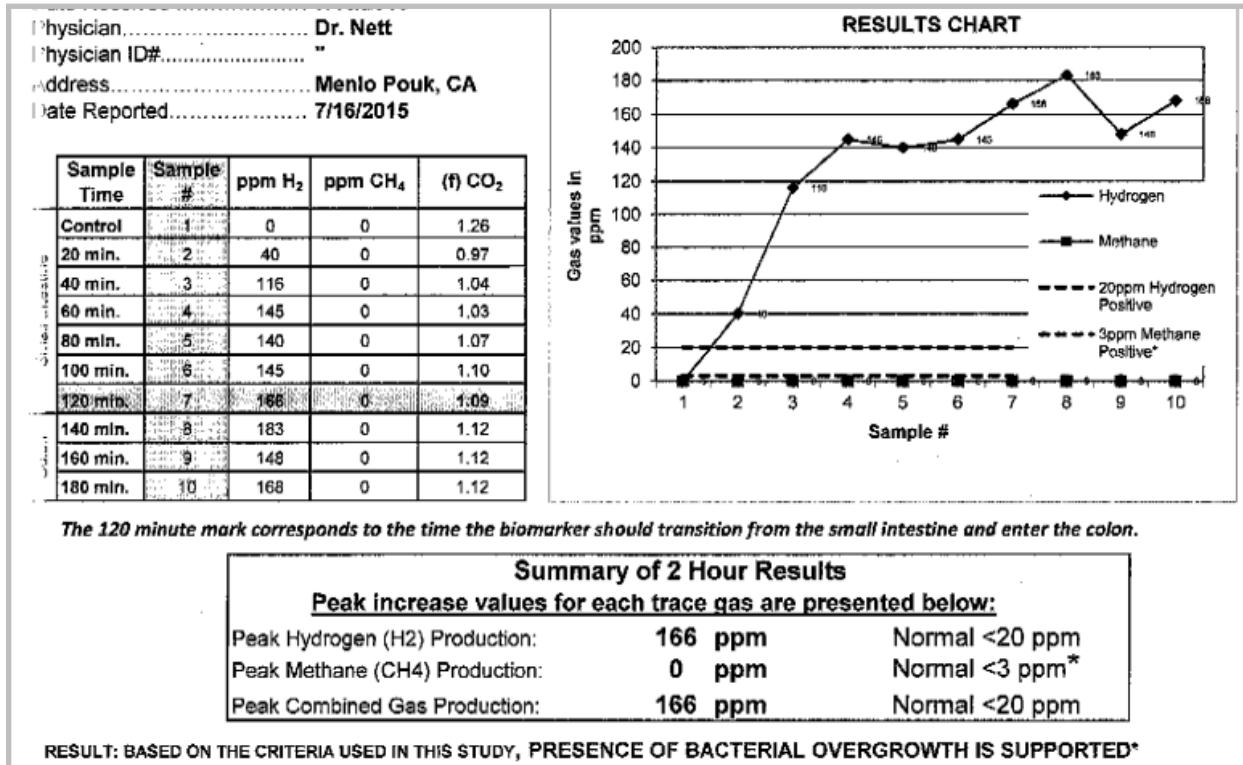
**CASE #2:**

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.



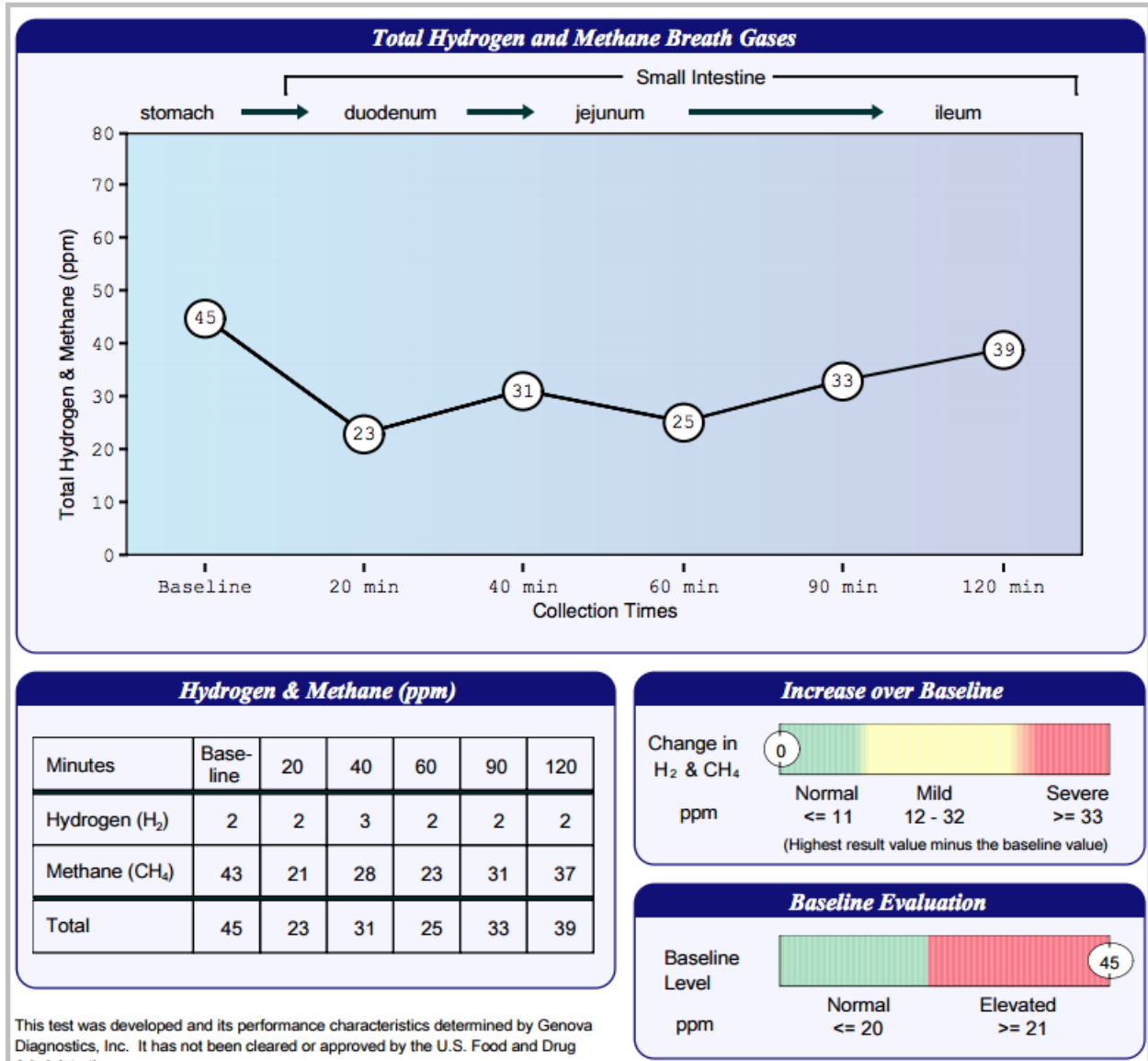
**CASE #3:**

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.

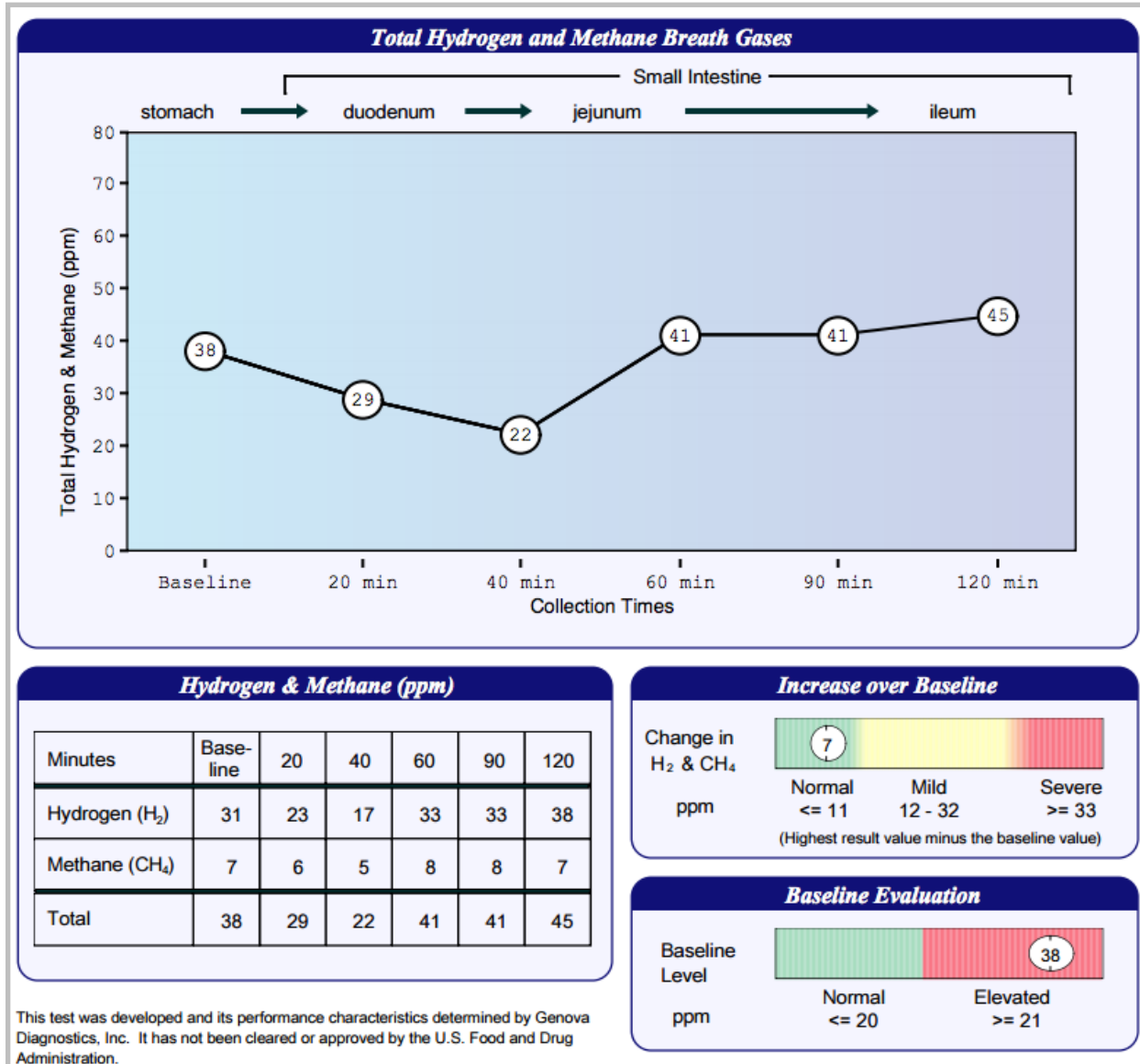


**CASE #4:**

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.

