

# Gut Review Case Assignments

## (Case #2 Answers)

### CASE #2, STEP 1:

#### **Answer:**

The stool test does identify “few” Blastocystis species on all three stool samples. The microbiology otherwise looks pretty good. The secretory IgA is just below the lower limit of normal, which may be attributable to her chronic infection. Otherwise, there are no elevated markers for inflammation.

The SIBO breath test is normal, but there are a few markers on the Organix profile that may indicate dysbiosis. When we see the combination of low benzoate and high hippurate, especially when other markers of dysbiosis are elevated, this is highly suggestive of microbial overgrowth. So in this case, we want to choose a treatment protocol that will address both the microbial overgrowth and the Blastocystis.

Treatment: Given her extensive prior treatment with a variety of herbals, after a thorough discussion of treatment options, she decided to use the Centre for Digestive Diseases’ recommended treatment for resistant Blastocystis. Specifically she took the following three medications for 10 days: secnidazole, diloxinide furoate and Septrin DS. She reported having a difficult time getting through the 10-day course, feeling “awful,” with increased loose stools. But with this treatment she did notice some improvement in digestive symptoms overall.

After this treatment, we recommended that she take GI Synergy, Lauricidin and InterFase Plus, along with probiotics, to address potential microbial overgrowth and/or fungal overgrowth, since the antibiotic course may worsen or predispose to either of these conditions.

## **CASE #2, STEP 2:**

### **Answer:**

The follow-up stool test showed resolution of the Blastocystis with borderline low levels of beneficial bacteria. The rare yeast is a normal finding. By this time, she finally felt her GI system was “back on track” after years of struggling. She reported feeling that her appetite was under control and she no longer felt hungry all of the time and as a result was able to lose weight. A focus on rebuilding the GI microbiome was then recommended, specifically increasing prebiotics and continuing a variety of probiotics.

## **CASE #2, STEP 3:**

**Answer:**

Her microbiology profile is markedly improved with increased levels of beneficial bacteria. At this time she noted further reductions in her weight and improvements in energy.