

Question 8 – Week of December 28

Treatment guidelines for bacterial overgrowth include:

- A. Correct the underlying condition
- B. Lactose-free, low residue diet
- C. Micronutrient supplementation
- D. Antibiotics
- E. All of the above

Answer: E

Correcting the underlying condition that leads to stasis is the mainstay of treatment. When not possible by surgery, prokinetics may help. Dietary adjustments and micronutrient supplementation are adjunctive therapy to antibiotic treatment.

Reference:

1. Desai AA, Toskes PP. Bacterial overgrowth syndrome. Current Treatment Options in Infectious Disease 2003;5:189-196.