



Citrus Valley
Interstitial Cystitis
Support Group

Newsletter: Meeting Date: 22 March 2016, Edition 5

Speaker: John Cassara, Pharm D.,

Director Foothill Presbyterian Hospital Pharmacy

Topic: "Why Take a Probiotic? Why Use One of These Suggestions"

Meeting Notes

"Pro-bi-ot-ic, [ˌprɒbɪˈɒdɪk]

Adjective

Denoting a substance that stimulates the growth of microorganisms, especially those with beneficial properties (such as those of the intestinal flora).

A probiotic substance or preparation." From Web MD

The increase in probiotic advertising and number of probiotics products on the market is a declaration of the over use of antibiotics that often produces drug resistance, gastrointestinal (diarrhea,) and gynecological (vaginal yeast infections) plus can promote skin conditions such as thrush (candida).

Dr. John Cassara, as the director of the FPH Pharmacy, has close to 40 years of working with the effects of medication for good and ill. His knowledge of probiotics goes back 30 years; it became evident in the types of antibiotics known as fluoroquinolones, used for infection treatment, and are absorbed in the gastrointestinal tract, could lead to diarrhea and vaginal yeast infections. Brands of fluoroquinolones: Levaquin, Cipro, Floxin.

To counteract the negative GI and Gynecological affects the use of probiotics were/are prescribed for in-patient care at FPH with success since the 1980s. Probiotic use reestablishes the normal flora of the intestines and vagina. Lactobacillus and/or Bifidobacterium are microbes that re-establish intestinal bacteria. One of the first used was Lactenex®/lactobacillus found in small intestines and vagina.

Treatment of Urinary Tract Infection (UTI) can be prescribed an antibiotic, Begin a probiotic as Florastor® or Culterelle® before first dose of the antibiotic. Antibiotic prescribed 7 to 10 days then probiotic taken for 14 days.

This is another flag that any UTI symptoms should be diagnosed after a clean catch urine specimen sent to the laboratory to confirm that there is an UTI and what are the appropriate choices of antibiotic treatment.

With the supervision of a healthcare provider the use of VSL #3 (Bifidobacterium & lactobacillus) has been prescribed with success for battling the symptoms of Irritable Bowel Syndrome (IBS) and Ulcerative Colitis. VSL #3 is available at Costco and Amazon.

Addressed at the meeting was the treatment of clostridium difficile (c-diff.) Support group participant had protracted dental work and antibiotics prescribed; multiple hospitalization followed for c-diff. Discussed the fecal transplantation (Bacteriotherapy) and the fact that the treatment method has been used over 50 years; though it has received recent media attention, success for resolution of c-diff remains only a success in select cases.

The discussion continued about antibiotics and the negative impact on the GI tract and the thought that eliminating antibiotic contact through food will help control ongoing diarrhea. The reality is the antibiotic contamination is wide spread in our food supply. Unless you go on an entirely organic diet chances are we will come in contact with antibiotic exposure though our food. Side effects: No buildup in the body of probiotics but can cause bloating & constipation and should be adjust dose per person needs. Reasoning behind taking probiotics is one of the replenishing needs for intestinal and vaginal organisms. Dr. Cassara addressed specific use as stated not a cure-all for numerous advertising claims.

Final thought: Probiotics are a mainly a replacement therapy for intestinal flora, vaginal flora.

Next Meeting

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May 24, 2016

Topic: "IC and the Pelvic Floor Connection-It's Not Just Your Bladder"

Speaker:

Nicole Cozean, PT, DPT,
WCS

MS Cozean serves on the Board of Directors of the Interstitial Cystitis Association (ICA)

Location:

Foothill Presbyterian Hospital

(In Doctor's Dining Room)
6:30 – 8:30 P.M.

Notes From: March 22 Meeting

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Florastor – Costco /\$48/100

Culterelle - Sam's Club/\$30/80

VSL#3 – Amazon/\$57/60

Must be refrigerated.

Specialized IBS, ulcerative colitis

Contact:

icaction.com

Citrus Valley Interstitial Cystitis Support Group

IC Action

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