

YourHealthNews

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Probiotics may help reduce antibiotic use, study says

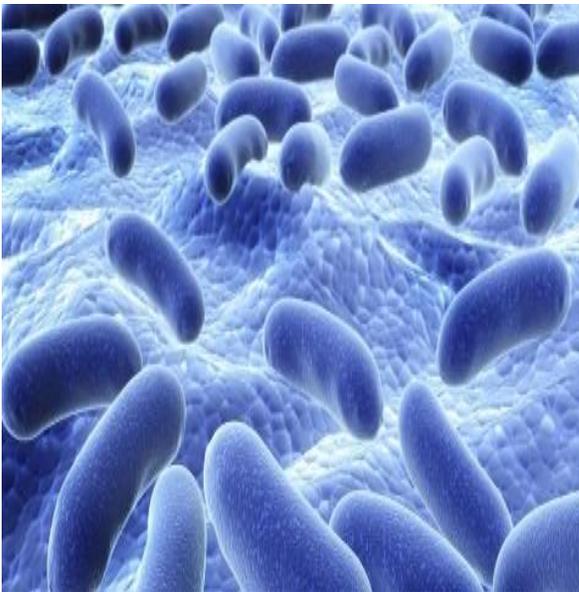
With the alarming surge of antibiotic-resistant strains of bacteria, experts have been on the lookout to curb this occurrence.

One way of decreasing antibiotic-resistant strains is to reduce antibiotic use in viral conditions. Another is to lessen the incidence, duration and frequency of infections; hereby, limiting the prescription of antibiotics.

On the premise of the latter, previous researches proved that probiotics are helpful in preventing and treating various digestive

conditions. The benefits were also noted on other parts of the body.

In a recent study conducted by researchers from the US and UK, regular consumption of probiotics may reduce the need for antibiotics.¹



This study is the first to determine the association between probiotics and antibiotic use. It was published in

the *European Journal of Public Health*.

The team of experts reviewed and analyzed studies that administered probiotics to healthy children to

explore the impact of probiotics in the duration or incidence of common infectious diseases. Seventeen studies that used 13 probiotic formulations, all of which comprise of a single or combined *Lactobacillus* and *Bifidobacterium* delivered through food or supplements, were included in the review.

Their analyses showed that infants and children were 29 percent less likely to have been prescribed antibiotics if they received probiotics as a daily health supplement compared to those who took placebo.

Interestingly, the percentage jumped to more than 50 percent when they limited the analysis to high-quality studies.

How probiotics might fight infections, especially in the digestive and respiratory tract, is still unclear. However, they believed that certain mechanisms such as production of pathogen inhibitors and immune regulation may be at play.

Women may cut stroke risk by eating a Mediterranean diet

Mediterranean diet is advocated by medical experts, dietitians and health professionals due to its health benefits in protecting brain and heart functions.

This diet includes olive oil, high intake of fruits and vegetables, fish, nuts and legumes, and low consumption of meat and dairy products.

Alcohol intake is also part of the diet; but, consumed in moderation.

For the first time, the diet has been examined for its effect on men and women in reducing the occurrence of stroke.

According to this latest study published in the American Heart Association journal - *Stroke*, Mediterranean diet may cut stroke by 22 percent in middle-aged women.² Although it is also protective in men, the results were not significant.



The research was conducted by investigators from the UK. In the study, they examined the food diaries of more than 20000 men and women to determine the effects of Mediterranean diet on stroke.

The protective effects of Mediterranean diet against stroke in women is believed to be coming

from the additive effects of combining high intake of individual food groups such as fish, vegetables, fruits, nuts, legumes, potatoes and cereals.

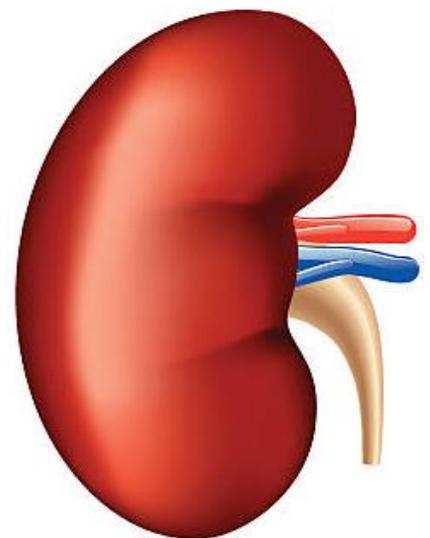
Additionally, it also showed

that in both men and women who have a high risk of cardiovascular disease, the diet has also a protective link with stroke.

With encouraging results, Mediterranean diet solidifies its protective effects not just on the heart but in the brain as well.

Drinking coffee might extend life expectancy in those with chronic kidney disease, study says

Patients with chronic kidney disease (CKD) may benefit from drinking coffee, a new study suggests.



CKD is defined by an estimated glomerular filtration rate of 15-60 mL/min/1.73m² and/or a urinary albumin creatinine ratio of more than 30mg/g.

The study conducted in 4863 CKD patients found that drinking a lot of coffee have a lower risk of dying

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than those who drink little or no coffee at all.³

In the research, the boffins evaluated the participants through a 24-hour food recall diary. The volunteers were divided into four groups according to increasing coffee ingestion.

Results disclosed that those patients who drank the highest levels of caffeine – more than 213 mg/day – were 25 percent less likely to die over a median follow-up of five years compared to those who have the lowest levels of caffeine consumption.

Since the research is an observational study, it only provides an association between CKD and caffeine consumption. And this link displays a protective effect.

Researchers believed that the protective effects of coffee in CKD patients may stem from the presence of caffeine and antioxidants. Caffeine is believed to stimulate production of nitric oxide, which assists in dilating blood vessels in the kidneys.

Although results were promising, the experts recommended further study of these association through more robust clinical trials.

Researchers found a healthy, plant-based diet may help lower risk for depression

We have been told numerous times that to have a healthy lifestyle, one component is a healthy, balanced diet, which is often rich in vegetables, fruits, fish and nuts. Mediterranean diet is considered a healthy, balanced diet; and thus, recommended by medical professionals.

According to a new systematic review published in *Molecular Psychiatry*, a healthy, plant-based diet has links on the risk of depression.⁴

In this study, the authors reviewed 41 studies that took age, sex, income, body size, general health, smoking and physical activity into account in their analyses. This is to ensure that the link between diet and the risk of depression are not dependent on these factors.

In their evaluations, they found that a healthy, plant-rich diet can help prevent depression.

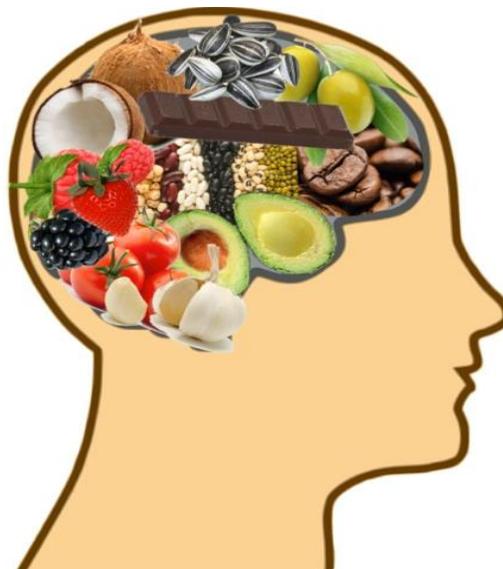
Of the 41 studies they reviewed, four of these were adherent to the Mediterranean diet that involved 36,656 adults. On further analyses, they found that Mediterranean diet may lower the risk of developing

depression by 33 percent in contrast to diets that have the least components of a Mediterranean diet.

The protective effects of a healthy, plant-based diet is believed to be a

result of its anti-inflammatory and anti-oxidant effects on the brain.

This study adds to a growing number of evidence on Mediterranean diet as an essential diet to improving and maintaining a healthy body and brain.



Study confirms: Drinking more water could prevent recurrent UTI

Women with recurrent urinary tract infection (UTI) may now find relief by increasing their daily water intake, a new study found published in the journal *JAMA Internal Medicine*.⁵

The research was participated by more than 140 premenopausal women in Europe who experienced a high number of recurrent UTI. These women were also noted to have less than 1.5 liters of water per day.

In the study, participants were randomly grouped into two; namely, the water group and the control group.

Analysis of the outcomes showed that over a year, women who drank more water had an average of 1.7 UTIs in comparison to women who did not have additional water intake. The latter women have an average of 3.2 UTIs per year.

The authors inferred through their data that hydration status is linked with UTI risk. They postulated that the reduced recurrent UTIs in more hydrated women is probably due to increase urine volume that lead to frequent urination enabling bacteria to be flushed out of the bladder.

Although the study was done in one location, the results are overtly promising.



Just by increasing hydration through additional water intake, women with recurrent UTI can prevent future occurrence of the condition. This may not only be a

valuable prevention strategy for these women, but may also lessen the risk of unnecessary use of antibiotics.

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