

International Conference on
GASTROINTESTINAL CANCER AND THERAPEUTICS

4th World Congress on
DIGESTIVE & METABOLIC DISEASES

26th Annual Congress on
CANCER SCIENCE AND TARGETED THERAPIES

October 29-30, 2018 | San Francisco, USA

Anabolics in the diagnosis and treatment of small intestinal bacterial overgrowth

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Following on the footsteps of Marshall who discovered *H. pylori* and the presumed relationship to peptic ulcer, Pimentel and others thought they had found a methane-producing bacteria that was instrumental in the disabling pain, gas, diarrhea, and disability that they named SIBO: small intestinal bacterial overgrowth. The non-absorbable rifaximin became a billion-dollar product, while, the literature not only questioned any scientific methodology but also, if any patients have symptoms relief for more than 12 weeks. A thorough hormonal, breathe gas analysis and work up for gastrointestinal disorders was undertaken on 20 patients, half who had been seen, treated at least twice, and failed in consultation with even Pimentel himself. Correcting the underlying hormonal dysregulation was successful in relieving symptoms in 75% of the two-thirds followed for one year. None needed the antibiotics while a minority of 4 did well with nutraceuticals. Two-thirds resumed a normal life. Interestingly, this gastrointestinal disorder had a high incidence of autoimmunity: pernicious anemia, atrophic gastritis, Hashimoto's thyroiditis, and inflammatory serum markers. In summary, the use of the biomarker, the Free Androgen Index, was effective in defining the hormonal disruption that when corrected, corrected the vast majority of men and women's with major SIBO complaints. Tests for intestinal permeability, methane and hydrogen gas breathe tests, tests for celiac and *H. pylori* were in these 20 patients of no value. SIBO is another autoimmune, inflammatory hormonal dysregulation disease that can be simply diagnosed and treated by recognizing the hormonal, Gender-Specific cause.

Biography

Edward Lichten is an obstetrician-gynecologist in Birmingham, Michigan and is affiliated with multiple hospitals in the area, including DMC Huron Valley-Sinai Hospital and Providence-Providence Park Hospitals. He received his medical degree from The Ohio State University College of Medicine and has been in practice for more than 20 years. He is one of 39 doctors at DMC Huron Valley-Sinai Hospital and one of 73 at Providence-Providence Park Hospitals which were specialized in Obstetrics and Gynecology.

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