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Probiotic (VSL#3) for Gulf War Illness

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14. ABSTRACT The overall objective of the study is to determine whether probiotic Visbiome™ will improve 1) Intestinal symptoms of Irritable Bowel Syndrome and 2) Non-intestinal symptoms (fatigue, joint pain, insomnia, general stiffness and headache) associated with IBS. All these symptoms are part of the Gulf War illness. We screened our first participant in September 2013. Overall, we have screened 101 and enrolled 62 Gulf War Veterans. We have stopped enrolling patients in this study. The stool samples analysis ongoing as well the statistical data analysis.					
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**Introduction:**

Gastroenteritis plays a major role in changing intestinal microflora. More than one third of Gulf War (GW) veterans report gastroenteritis during deployment and it is a risk factor for development of irritable bowel syndrome (IBS) after deployment. We also demonstrated that there is a strong association between IBS and extra-intestinal disorders (e.g. fatigue, joint pains, insomnia, generalized stiffness, and headache). This would suggest that IBS as well as extra-intestinal disorders in GW veterans have a unifying etiology. There is scientific evidence that probiotics by restoring normal gut flora improve symptoms of IBS. Probiotics have also been shown to improve arthritis and fatigue by changing fecal flora. This is the basis for our present protocol to study the effect of probiotics on GW illness.

**Body:**

During this year the following goals were accomplished:

- We have screened 101 GW veterans and enrolled 62 from the beginning of the study. Of the 62 veterans enrolled in the study,
- A total of 56 subjects have completed the study.
- 6 patients terminated their participation, 8 patients were screen fails, 22 withdrew and 9 were lost to follow up.
- We have stopped enrolling and the data are been send for statistical analysis.
- Stool samples data have been received and are been analyzed

**Key Research Accomplishments**.....

- We have finished recruiting patients in the study.
- The data are been send for statistical analysis and final abstract paper will be available soon.

**Reportable Outcomes.....**

Nil.

**Conclusion:**

Study has stopped enrolling; stool samples microbiota data are been analyzed.

An abstract has been submitted to the Federation of Neuromuscular Motility Society meeting.

**References.....**

Nil.

**Appendices.....**

Nil.

