DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL OF A FERMENTED MILK CONTAINING MULTIPLE PROBIOTIC STRAINS AND PREBIOTIC FIBER FOR CONSTIPATION ASSOCIATED WITH PARKINSON'S DISEASE.

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BACKGROUND & OBJECTIVE

Few treatment options have been investigated and are now available for the management of constipation in Parkinson’s disease (PD). Our objective was to evaluate the efficacy of probiotics and prebiotics in PD patients with constipation.

METHODS AND PATIENTS

1. We conducted a tertiary setting, randomised, double-blind, placebo-controlled trial in PD patients with Rome III confirmed constipation after a 2-week baseline stool diary.

2. Patients (n=120) were randomly assigned (2:1) to either a fermented milk, containing multiple probiotic strains and prebiotic fiber, or placebo, once daily for 4 weeks.

RESULTS

The primary efficacy endpoint was the increase in the number of complete bowel movements (CBMs) per week. The key secondary endpoints were three or more CBMs and an increase by one or more CBMs per week during week 3 and 4.

CONCLUSIONS

The consumption of a fermented milk containing multiple probiotic strains and prebiotic fiber was superior to placebo in improving constipation in PD patients.
SARCOPENIA AND DYNAPENIA IN PATIENTS WITH PARKINSONISM

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RESULTS

In total, 235 patients (64.6%) had a diagnosis of idiopathic PD. Low SMM index was recorded in 27 patients. Due to gait disturbances and postural instability, GS could not be measured in 98 patients and was found to be reduced in 61.3% of those assessed. Prevalence of sarcopenia and dynapenia were 6.6% and 75.5%, respectively. Sarcopenia tended to be higher in patients unable to perform GS assessment and was unrelated to the type of parkinsonian syndrome. It was associated with older age, longer disease duration, more severe disease and higher disability in activities of daily living, as assessed by disease-specific clinical rating scale. Dynapenia was directly associated with parkinsonism other than PD, older age and disability, while regular physical therapy appeared to be a preventive factor. However, it was unrelated to disease duration and severity. Finally, the disability score of activities of daily living was inversely correlated with handgrip strength and GS.

CONCLUSIONS

Impaired functional status is a prominent feature of this patient population, independently of disease duration and severity. Sarcopenia is mainly related to advancing disease and, due to a significant sparing of SMM, is an infrequent condition, likely to play a minor role in disability.