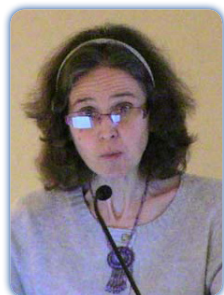


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Alison Burton Shepherd

Vocare Group, UK

Nutritional management of small bowel overgrowth

SIBO is a condition in which the increased bacterial load in the small bowel results in excessive fermentation and inflammation, leading to a variety of clinical complaints ranging from mild, non-specific symptoms such as abdominal pain, bloating and flatulence, to more severe manifestations such as malabsorption and weight loss. The exact prevalence of bacterial overgrowth syndrome is likely underestimated because the clinical manifestations overlap with those of many other malabsorptive and diarrheal disorders. The advanced cases of bacterial overgrowth syndrome may manifest as malabsorption and therefore it is vital that this condition is detected in the early stages, so as to lessen the significant impact of malnutrition associated with malabsorption syndrome. Treatment in bacterial overgrowth syndrome (BOS) should include correction of primary underlying disease if any, including antibiotic therapy and nutritional support. This presentation will seek to explore the best treatments available for this challenging disorder.

Biography

Alison Burton Shepherd is a Registered Nutritionist (Scientist) and Senior Lecturer in Adult Nursing at De Montfort University Leicester UK. She is a part time Advanced Nurse Practitioner and Non-Medical Prescriber. Recently, she became an Inspector for the Care Quality Commission inspecting primary medical services to ensure that high standards of clinical care are being maintained. She is proud to be a Queens Nurse a title given to nurses who have achieved and continue to strive for excellence.

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