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Lactobacillus: The not so friendly bacteria

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We present a 65 year old diabetic patient with a complex liver abscess and bacteraemia from *Lactobacillus* paracasei. The abscess resulted in a prolonged hospital stay due to ongoing sepsis despite ultrasound-guided drainage and broad spectrum antibiotics. Furthermore, the patient developed several secondary complications including a right sided pleural effusion, an inferior vena cava thrombus and septic lung emboli. The abscess was eventually managed successfully with a prolonged course of antibiotics and multiple ultrasound-guided drainage procedures. To our knowledge, this is the first reported case of probiotic consumption, confirmed by strain identification, as the source of a liver abscess. Probiotic products have been widely used for many years and are advocated to the general public for their health benefits with no warning of side effects. Lactobacilli are one group of bacteria commonly used in these products. Although rare, serious complications have been reported. Susceptible patients, such as those who are immunocompromised, should be advised against excessive consumption.

Biography

Abirami Pararajasingam is a Core Medical Trainee based in East Surrey Hospital. She recently completed her Foundation Year training in the South Thames Deanery, after spending the first year in Queen Elizabeth Hospital, Woolwich and second year in Medway Maritime Hospital. She completed her medical studies at the University of Liverpool between the years 2011-2015. Abirami has an interest in general internal medicine and has shown commitment in the areas of clinical education and maintaining and improving standards through audit practice.

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