

ANS RESPONSE TO TREATMENT OF DYSBIOSIS AND ITS CLINICAL IMPACT

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INTRODUCTION:

Chronic inflammation due to dysbiosis produces an imbalance in the response of the autonomic nervous system (ANS) that implies less adaptation to this condition, affecting the quality of life of patients with chronic diseases.

OBJECTIVE:

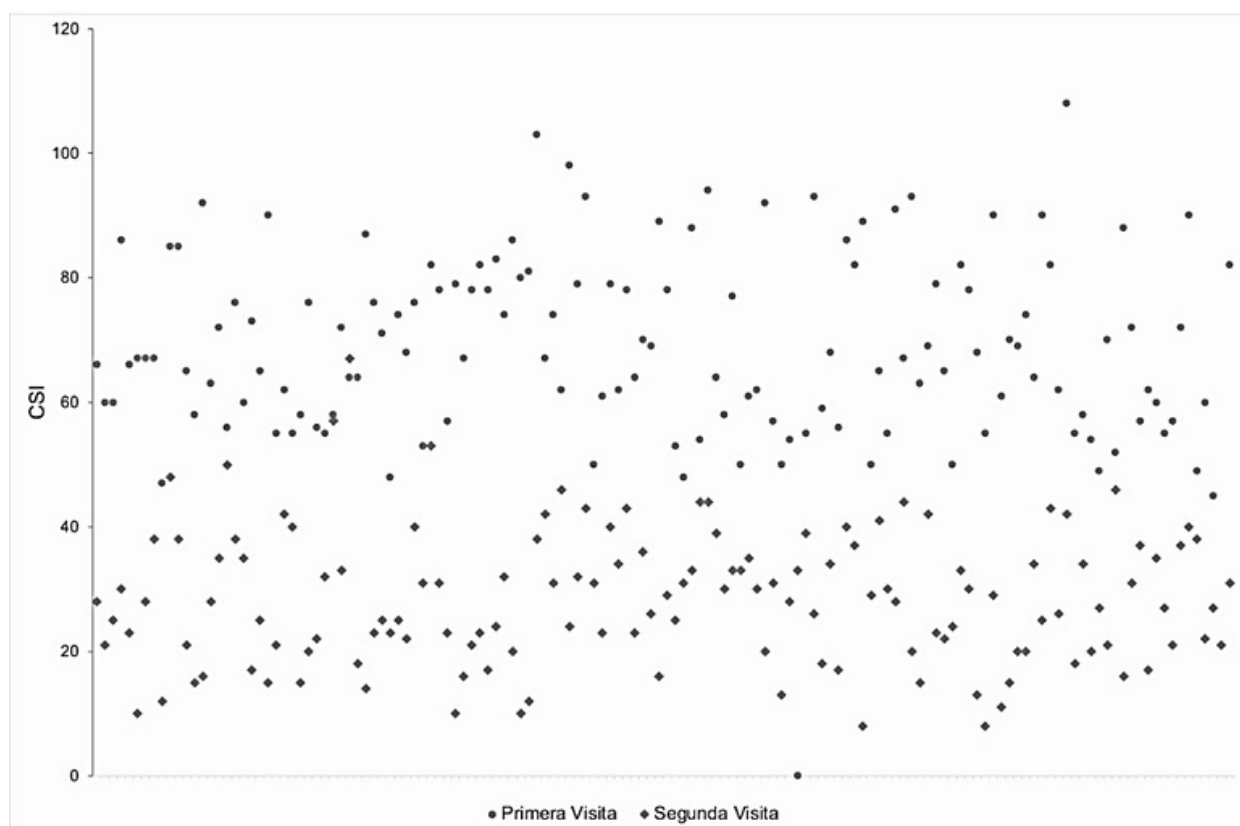
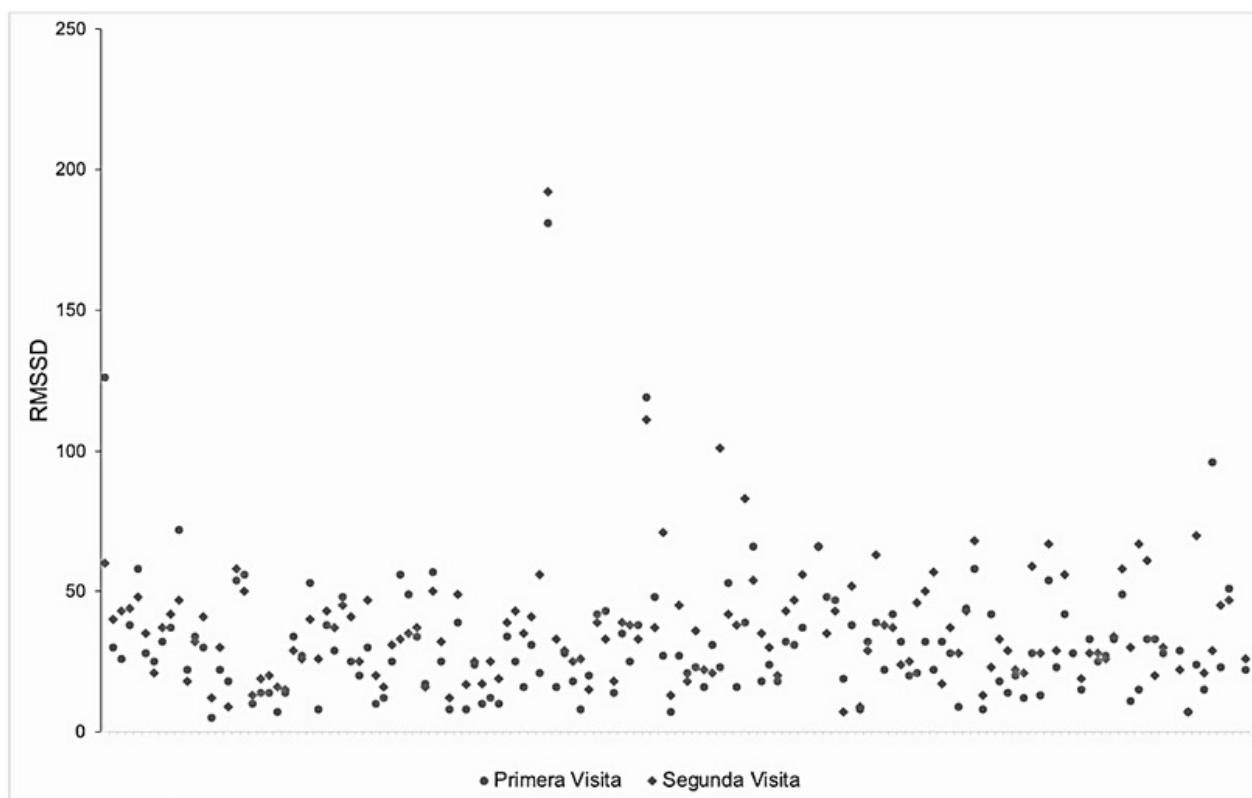
We retrospectively evaluated 140 patients with inflammation due to dysbiosis using heart rate variability (HRV) measuring the variable RMSSD (square root of the mean of the differences between adjacent RR intervals), calculated by HR monitoring software (Kubios), to evaluate the response of the ANS and its clinical correlation, measured with the CSI questionnaire (Central Sensitization Questionnaire) during the initial consultation and at one month.

At the initial visit, patients received a diet plan rich in prebiotic fibers, low in simple carbohydrates and with a selection of fats plus probiotics, a physical activity plan, sleep hygiene, periodontal disease control and respiratory practices to improve the response of the ANS.

RESULTS:

Population(n140):

Edad Promedio	50 años
Sexo	115 mujeres/ 25 hombres
Motivo de consulta:	
Síntomas Gastrointestinales:	63
Alteraciones metabólicas y cardiovasculares:	17
Síntomas de inflamación del SNC	22
Enfermedades Autoinmunes:	12
Infertilidad:	14
Infecciones urogenitales recurrentes:	8
Cáncer:	4
Causa de disbiosis	
Estrés:	83
Tratamiento antibiótico sin <u>Probiotico:</u>	52
<u>Polimedicacion:</u>	5



CONCLUSION:

The ANS response measured by the RMSSD variable did not show a significant correlation with the improvement in quality of life measured by the CSI questionnaire (statistical analysis of the Pearson test) because a longer follow-up time is required to achieve neuroplasticity of the ANS response.

We were able to observe that the treatment of inflammation due to dysbiosis showed an improvement in the quality of life of patients measured by the CSI questionnaire in the short term.

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