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Functional Medicine

TWEET GM #16

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Title

Created

THE EMERGING CONCEPT OF "MICROBIOME MEDICINE"

More and more frequently, I am coming across new scientific articles that relate to unusual microbial communities, such as the **oral microbiota** or even the **ocular microbiota**. For instance, I have discovered a whole series of articles about the endogenous ocular microbiome and all its implications, from dry eye syndrome to autoimmune or infectious ocular conditions. It appears that a combination of two probiotic strains, i.e. *Saccharomyces boulardii* MYA796 and *Enterococcus faecium* SGEf01, in conjunction with tear substitutes improves dryness among aging patients.

I have recently posted 'quotes' and 'tweets' about links between intestinal dysbiosis or gut inflammation and neurodegenerative conditions such as Alzheimer's Disease (AD) or Parkinson's Disease (PD). Well, it appears that chronic oral infections such as periodontitis could represent a risk factor for AD and PD. And there is apparently less bacterial diversity in the oral microbiota of patients suffering from PD, keeping in mind that reduced gut bacterial diversity has been linked with loads of inflammatory and autoimmune conditions. Thus, this new concept of assessing the oral microbiota to sense what is happening in the gut sounds very attractive!

The article having allowed me to recently post QUOTE #17 concludes with the following: "*The human microbiome may even find itself at the very centre of the future of medicine : precision, personalized, ever safer, and more efficacious.*" I am definitely in favour of '**microbiome medicine**'...