BLP and Probiotics

Update 2005 American Urological Association

Annual Meeting

May 21 - 26, 2005

San Antonio, Texas, USA:

Conclusions: Intravesical instillation chemotherapy with epirubicin in combination with oral BLP was found to have a significantly greater beneficial effect than intravesical instillation chemotherapy with epirubicin alone for preventing recurrence after TUR for superficial bladder cancer.

Title: A randomized controlled trial of prophylactic intravesical instillation chemotherapy in combination with the oral administration of a Lactobacillus casei preparation versus intravesical instillation chemotherapy alone for recurrence after a transurethral resection of superficial bladder cancer

Hirofumi Koga*, Fukuoka, Japan; Yoshihiro Hasui, Miyazaki, Japan; Naohiro Fujimoto, Kitakyushu, Japan; Akito Yamaguchi, Fukuoka, Japan; Hiroshi Kuramoto, Kitakyushu, Japan; Atsushi Iguchi, Naoko Kinukawa, Seiji Naito, Fukuoka, Japan

abstract

Clinical trials done in Japan throughout the 90's have shown that the use of Lactobacillus preparation, biolactis powder (BLP), which is a probiotic agent, can delay recurrences of bladder tumors.

In 1992 Japanese researchers revealed that the 50% recurrence-free interval after TUR was prolonged by BLP treatment (350 days) to 1.8 times that in the control group (195 days). No adverse side effect was observed. The results suggest that oral administration of BLP is useful for the prevention of the recurrence of superficial bladder cancer.1

A later study (’95)by the same group also reported improved results using BLP along with BCG. After 2 years, recurrence rates for people on BCG therapy were 45%. A concentrated solution of the Lactobacillus Casei preparation was added to this therapy in a double-blind placebo-controlled trial. The group with 1 recurrent tumor experienced a fall in 2-years recurrence rate to 21%. Also, the recurrences were presented 30% later in time. Moreover, the natural tendency of 1 in 3 new bladder cancers to have a more agressieve grade disappeared almost completely. 2

Probiotics, live microbial food supplements that beneficially affect the host by improving its intestinal microbial balance, are quickly gaining interest as functional foods in the current era of self-care and complementary
medicine. Microbes have been used for years in food and alcoholic fermentations and relatively recently have undergone scientific scrutiny to examine their purported health benefits. Some of the claims for which research supports a beneficial effect of probiotic consumption include: improving intestinal tract health, enhancing the immune system, synthesizing and enhancing the bioavailability of nutrients, reducing symptoms of lactose intolerance, decreasing the prevalence of allergy in susceptible individuals, and reducing risk of certain cancers. The mechanisms by which probiotics exert their effects are largely unknown, but may involve modifying gut pH, antagonizing pathogens through production of antimicrobial and antibacterial compounds, competing for pathogen binding and receptor sites as well as for available nutrients and growth factors.

If BLP is not available, other probiotic products such as Bio K+, colostrum, or acidophilus/bifidus can be bought at any health food store. Remember, the supplement used in the bladder cancer studies was in powder form.

www.thyroidhealthsolutions.com/product_info/lactobacillus8.htm
Informative article and references for info about commercial products.

http://www.probiohealth.com
Good site for info and products

For more websites, try searching for "lactobacillus casei health supplement" at www.google.com

References


   Aso Y; Akazan H Department of Urology, Faculty of Medicine, University of Tokyo, Japan. Urol Int 1992;49(3):125-9 PMID: 1466089
UI: 93102549

2. Preventive
   effect of a Lactobacillus Casei preparation on the recurrence of superficial bladder cancer in a double blind trial. The BLP study group; Y Aso, European Urology, 27(2):104-109, 1995. PMID:
   7744150

3. Prophylactic and Therapeutic
   Uses of Probiotics: A Review

   Kopp-Hoolihan L J Am Diet Assoc. 2001 Feb;101(2):229-38; quiz 239-41PMID:
   11271697