Perspective

Major Approaches of the Relationship between Inflammatory Bowel Diseases and Gut Microbiota

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Inflammatory bowel diseases (IBD) such as Crohn's disease (CD) and ulcerative colitis (ULC) have been increasing in frequency and prevalence in the world's societies and in Brazil, its prevalence is related to several alimentary, biological and environmental factors. The literature shows the bimodal incidence of CD in relation to age, affecting individuals from 15 to 40 years and from 50 to 80 years. Still, there is a higher percentage of women. The knowledge of the epidemiological profile of IBD in different regions of the world, by means of the study of patients followed in reference centers, clinics, and hospitals, also in outpatient clinics, of patients with inflammatory bowel disease (CD and ULC) and carry out a demographic survey of the incidence and severity profile and treatments of these diseases in these services and forms of presentation of the disease becomes necessary. The microbiota of the healthy gastrointestinal system presents around 800 species of bacteria, and one hundred of these microorganisms together with bacteriophage viruses and fungi species characterize each human being, with maximum concentration in the colon. In the presence of dysbiosis, malfunctioning of the epithelial barrier leads to intestinal and systemic disorders, mainly immunological and metabolic. Thus, therapies that manipulate the microbiota have been investigated, including probiotic and prebiotic use, with variable evidence for its efficacy. In addition, it is necessary to determine the socio-demographic profile of these diseases around the world, mainly evaluating diagnosis, presentation, treatments, follow-up, and status of comorbidities in different regions of the country and their differences. Also, evaluate information related to the existing treatment of this drug and surgical procedures. Therefore, future studies should provide the preparation of accurate diagnosis and knowledge of the actual number of procedures performed in each country's study centers and their results, leading to better care planning.

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