



## The Use of Probiotics and its Impact in Antibiotic-Associated Diarrhea (AAD) and *Clostridium difficile* Infections (CDI) in Adult and Pediatric Patients: An Appraisal

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Diarrhoea is one of the common reported adverse reaction of antibiotic use. Probiotics are living microorganisms, which may prevent antibiotic-associated diarrhea (AAD) by the normalization of an unbalanced gastrointestinal flora. Time demands the assessment of the pros and cons of probiotics in therapy for the prevention of AAD in patients based on literature findings. Summarising emerging evidence from literature using bibliographic databases and abstracting systems such as PubMed (1978 - 2020) and Cochrane suggests that the effects of probiotics are quite a contrast and it is all the more imperative to compare incidence of Antibiotics associated Diarrhoea (AAD) and *Clostridium difficile* infections (CDI) in both pediatric and adult populations and determine significant differences and similarities that might impact clinical decisions. Clinical presentation of pediatric AAD and CDI have been reported to be quite different in the pediatric age group patients than in adult over the years. Literature studied revealed the key take away message or finding that suggests that probiotic use in both adult and populations may be beneficial in the prevention of AAD among patients. Furthermore, the use of probiotics appears to be safe. The differences in treatment modality across age groups should be attributed while rating severity of disease and prescribing antibiotics. However, as of now the simple take home message is that probiotics have a plausible connection in the management and further in the alleviating the recurrence of AAD and in CDI in both adult and pediatric population [1-5].

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