The popularity of the use of probiotics in patients with allergic diseases

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Aim: The aim of the study was an attempt to assess the frequency of the use of probiotics in the group of subjects in the light of the Epidemiology of Allergic Diseases in Poland project.

Method: The study group consisted of 4,783 subjects aged 6-7 years, 13-14 years and adults (20-44 years) from the eight largest Polish urban centres. The method that was used was the ECRHS II and ISSAC survey questionnaire as well as additional studies including those concerned with the problems related to the range of probiotics uses.

Results: The probiotics used were very popular in the group of subjects with diagnosed allergic diseases and were not only combined with antibiotic therapy but also supplemented with kefir and yogurt. The protective action could be observed especially at the age above 14 years. The preventive effect was not observed at the age of early childhood.

Conclusion: Probiotics have relatively often used in the population under study and a health-improving effects was mainly observed at the age over 14 years old.