



## Webinar on Demand

### Reflective Learning Guide

With Laurence Stoll, regional medical marketing Novonosis, consumer health

In this webinar, Laurence Stoll explains the impact of antibiotics on the gut, incidence of antibiotic associated diarrhea, and the clinical evidence supporting the use of probiotics for AAD management for the strains *Bifidobacterium animalis*, BB-12® & *Lactobacillus acidophilus*, LA-5®.

### Learning Objectives:

## Probiotics-Clinical evidence on reducing risk of antibiotic side effects

### Learning Objectives:

- Understand the widespread use of antibiotics and the prevalence of antibiotic-associated diarrhoea (AAD)
- Understand the impact of *H. pylori* infection and its treatment
- Understand the potential of probiotics for managing AAD
- Understand the mechanisms behind the benefits of probiotics.
- Learn about the effectiveness of specific strains such as *Bifidobacterium animalis*, BB-12® & *Lactobacillus acidophilus*, LA-5® on reducing duration and severity of diarrhea

Complete this reflective learning guide to support your learning objectives. This can be filed in your CPD portfolio as evidence of your learning.

### Reflective Learning Questions:

1. What is the primary benefit of using probiotics in patients undergoing antibiotic treatment?
2. Which populations are at higher risk for developing AAD?
3. What are some mechanisms through which probiotics may help reduce AAD?
4. Which probiotic strains have been shown to reduce the duration and severity of AAD?
5. By what percentage did the duration of AAD reduce with the use of specific probiotics?
6. What is the recommendation for healthcare providers regarding probiotics and antibiotic therapy?