

Vitalan Stool Diagnostics

Parasitology in stool: reliable microscopic exam

Why Parasitology in stool?

Parasites are raising. Depending on experienced Staff, the specialized Lab like IWDL proofs parasites in about 20% of Stool Samples.

The Gold Standard in Parasitological Stool Diagnostics is the MIFC-Method used by IWDL, where after enrichment parasitological structures are searched under the microscope. This microscopical exam is recognized as the most reliable diagnosis, superior to the limiting immunological stool tests.

Clinical Symptoms

Parasites entail the most popular abdominal complaints, like **gas and bloating, pain and diarrhea, often repeatedly**. Depending on Body Defense, several Patients houses Parasites without any Symptoms. In Developing Countries from Asia, Africa and South-and Middle-America due to poor Hygiene there predominate Round- and Tape-Worms as well as Protozoa. In Developed Countries from Europe and North-America due to good Hygiene there predominate Protozoa, probably a drinking Water Problem.

Popular Protozoa

Protozoa are **Single Celled Parasites** attacking mostly Tissue Cells. The most frequent are Plasmodium (blamed for Malaria), Trypanosoma (Sleeping Sickness) and Leishmania (Tropical Bumps). Gut Mucosa is damaged and inflamed frequent by **Blastocystis hominis** (from drinking water ?), **Entamoeba coli** and **Giardia lamblia**.

Stool Diagnostics

Even using the most reliable microscopic **MIFC-Method** and excellent **trained Staff**, Proof for Parasites often can be Negative. This could be Frustrating for both Healthcare Professionals and Patients with Complaints. This is due to Protozoa **Living Cycles** inside the Mucosal Cells, where they „hide“

1 Time Stool Parasitology has a Finding Rate about 65%, comparing with 80% for 2 or 3 Times during a period of 10 days.

Anti-Parasitic Therapy

The Therapeutic Need is based on **Indication**, meaning Proof and Clinical Symptoms. So a Patient with proof but without symptoms usually don't need anti-parasitic therapy.

Standard Therapy with Prescription Drugs comprises Metronidazol and/or Cotrimoxazol. The Gold-Standard in Anti-Parasitic Therapy is **Tinidazol** with a 1 or 2-Time Intake (e.g. Fazygin from Pfizer, dose of 500mg). In case of Recidives or repeated Infections Paromomycin (Humatin) is reported to be more effective (dosage 2 Times 250mg/day for 2 weeks) but with Side Effects.

Naturopathic Therapy with **Plant Extracts** is a Alternative, Combination Remedies can increase the Effectiveness (e.g.....)