UCLouvain Research
Lexicon: better to be precise!

In what terms speak of the clinical study conducted by the team of Patrice Cani, professor at the University of Louvain? Here are some clarifications.

- **Food supplement or probiotic?**
  - CORRECT: *food supplement* = concentrated source of nutrients intended to correct nutritional deficiencies of a person’s regular diet
  - INCORRECT: *probiotic* = living microorganism which, when consumed in adequate quantities, brings a health benefit to the human being. To be called probiotic, a product must have been the subject of many studies in humans. As of yet, no bacteria (or product) sold on the European market may be referred to as a probiotic.
    → the bacteria *Akkermansia* is not a probiotic

- **Limit or treat risk factors?**
  - CORRECT: *Limit*: “Limit the increase of risk factors” applies to food supplements
    → *Akkermansia* limits cardiovascular risk factors
  - INCORRECT: *treat*: treatments only apply to drugs
    → the clinical tests were not carried out with drugs but with a food supplement

- **Study or clinical trials?**
  - CORRECT: UCLouvain and the Cliniques universitaires Saint-Luc have conducted a *clinical study* with dietary supplements
  - INCORRECT: clinical trials refer to the administration of a drug/treatment.

- **Volunteer or patient?**
  - CORRECT: *volunteer* = person made a conscious decision to enrol in a clinical study
  - INCORRECT: *patient* = person under treatment
    → the UCLouvain researchers have not tested any treatment

- **Intestinal microbiota**: microbial ecosystem (100,000 billion bacteria) found in organs that come in contact with elements of the outside world (digestive tract, mouth, etc.)

- **Clinical protocol**: assessment of how the tests will be performed: on whom? how? how long?

- **Compliance**: accordance between the behaviour of the person included in the clinical study with the guidelines established in the clinical protocol

**IN BRIEF:**

- Patrice Cani, professor at UCLouvain, and his team conducted the first pilot study in humans to observe the impact of the bacteria *Akkermansia* (ingestion for 3 months), particularly on the reduction of cardiovascular risk factors. The results are published in the scientific journal *Nature Medicine*.

- **Promising results**: the bacterium significantly limits the increase of several risk factors for cardiovascular diseases, moderates the progression of pre-diabetes and reduces cholesterol levels in humans.

- **A major discovery** since today, one in two Belgians is overweight and has several cardiovascular risk factors.

- **The next step?** The UCLouvain researchers are planning larger-scale tests and the marketing of the bacteria in the form of food supplements.

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