

Congrès national de la Société Suisse de Nutrition SSN



## Microbiote intestinal et son hôte humain: une relation complexe à dévoiler

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## Agenda

• Gut microbiota (GM) what are we talking about?

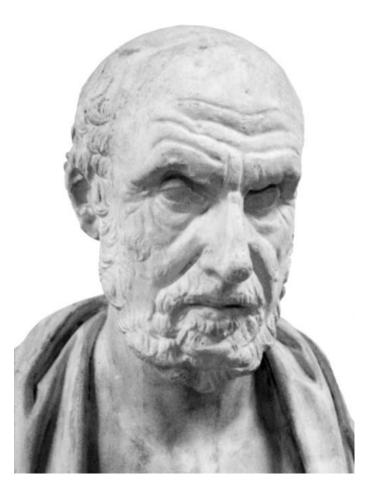
• How can we measure and interpret GM?

• GM and human host a complex relationship: diet or genetic?

• GM and aging

• Take home messages

## Back to the origine



"Death resides in the gut"

# "Poor digestion is the source of all ills"

## In the modern times

The term "microbiome" signifies the genome of the ecological community of commensal, symbiotic, and pathogenic microorganisms that literally share our body space

The term "microbiota" signifies the whole of the ecological community of commensal, symbiotic, and pathogenic microorganisms that literally share our body space

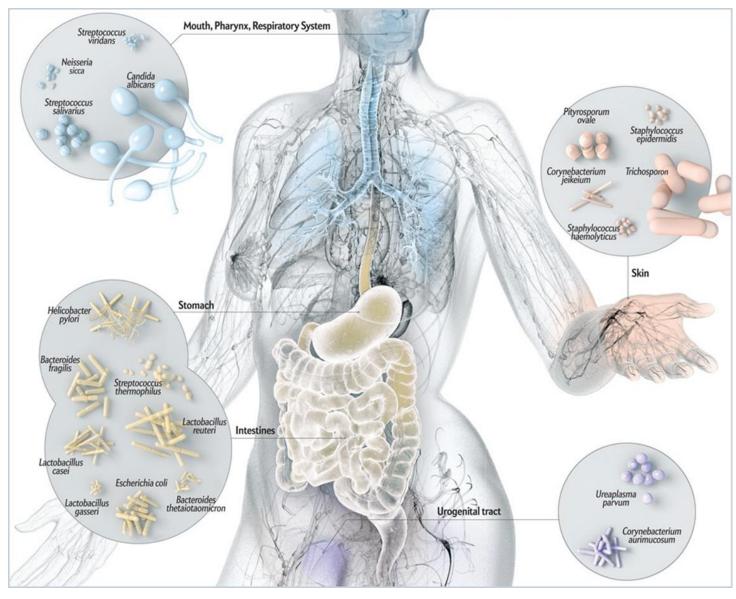
#### Humans as Holobionts



<10<sup>12</sup> bacteria cells at other sites

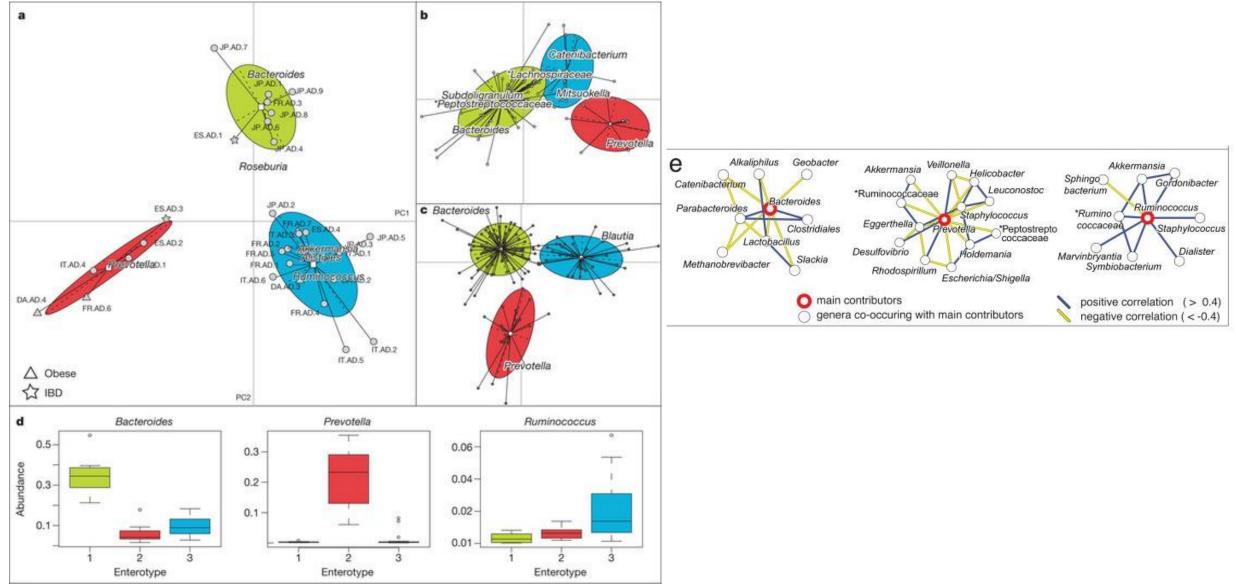
#### ~ 38 trillion bacteria cells gut microbiota

#### Different microbiota in different body sites

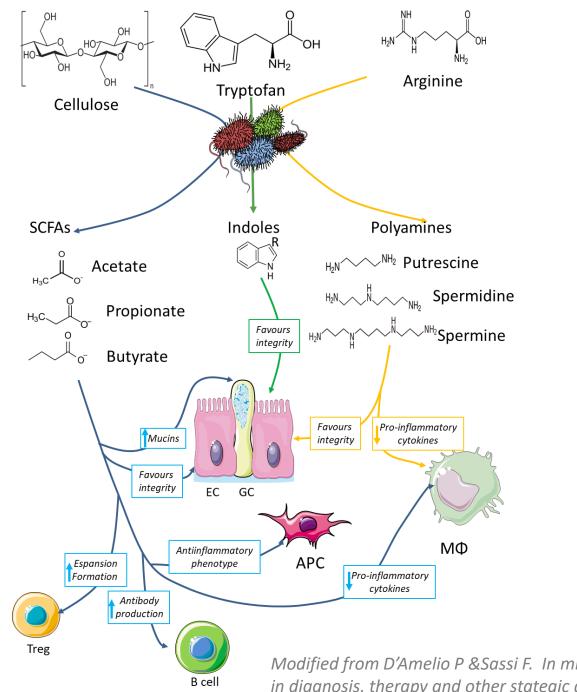


Ohland CL. and Jobin C CMGH Cellular and Molecular Gastroenterology and Hepatology, 2015

### Enterotypes



Arumugam, Raes et al, Nature 2011



### GM and host interaction

Modified from D'Amelio P & Sassi F. In microbiome and metabolome in diagnosis, therapy and other stategic aplications. 2018

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### Comparison metagenomics VS. 16SrRNA

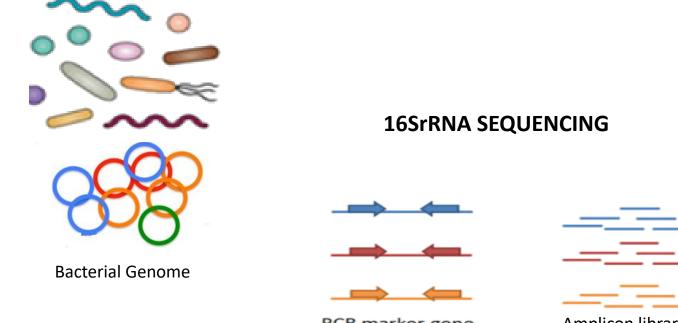


- <u></u>

Genome fragments



Entire communities (viruses and fungi) Relatively expensive Highly variability, higher resolution Direct assessment of genes and pathways

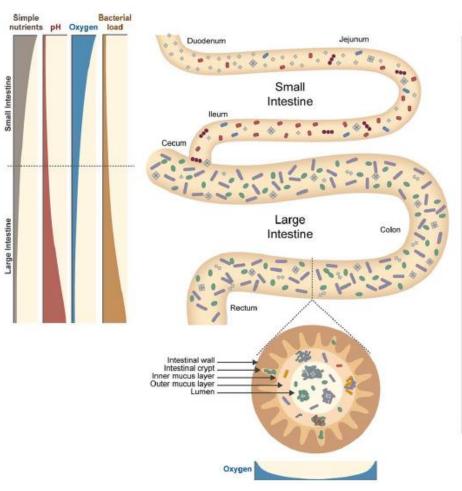


PCR marker gene

Amplicon library

Only bacteria and Archaea Relatively cheap – large sample sizes Taxonomic classification to Genus level? Genes and pathways based on classification

### Biogeography of the intestine



#### Legend:

4

#### Small Intestine

Proteobacteria

Simple nutrients

- ••• Streptococcus spp.
- Lactobacillaceae

#### Large Intestine

- Undigestible nutrients
  Recalcitrant nutrients
- Bacteroidaceae
  Prevotellaceae
  Rikenellaceae
- Ruminococcaceae Lachnospiraceae

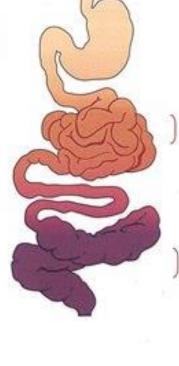
#### Mucus layer

- Bacteroidaceae
- Ruminococcaceae Lachnospiraceae
- Coriobacteriaceae
- 🦐 Desulfovibrio spp.
- 🥜 Lactic acid bacteria

#### <10<sup>3</sup> CFU/ml Lactobacillus Streptococcus Staphylococcus Enterobacteriaceae Yeasts

Stomach

Ileum & Caecum 10<sup>3</sup>-10<sup>9</sup> CFU/ml Bifidobacterium Bacteroides Lactobacillus Streptococcus Enterobacteriaceae Staphylococcus Clostridium Yeasts



#### Duodenum & Jejunum 10<sup>2</sup>-10<sup>5</sup> CFU/ml Lactobacillus, Streptococcus Enterobacteriaceae Staphylococcus, Yeasts

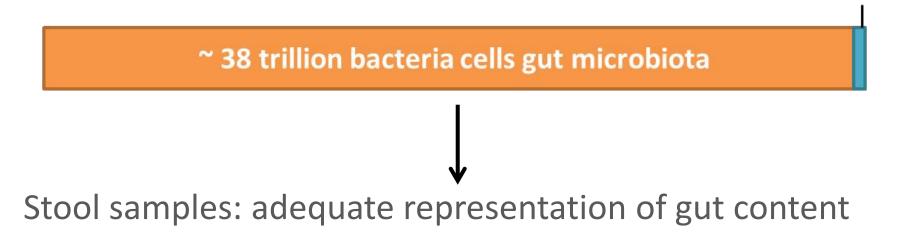
#### Colon

10<sup>10</sup>-10<sup>12</sup> CFU/ml Bacteroides, Eubacterium Clostridium, Peptostreptococcus Streptococcus, Bifidobacterium Fusobacterium, Lactobacillus Enterobacteriaceae Staphylococcus, Yeasts

#### Humans as Holobionts



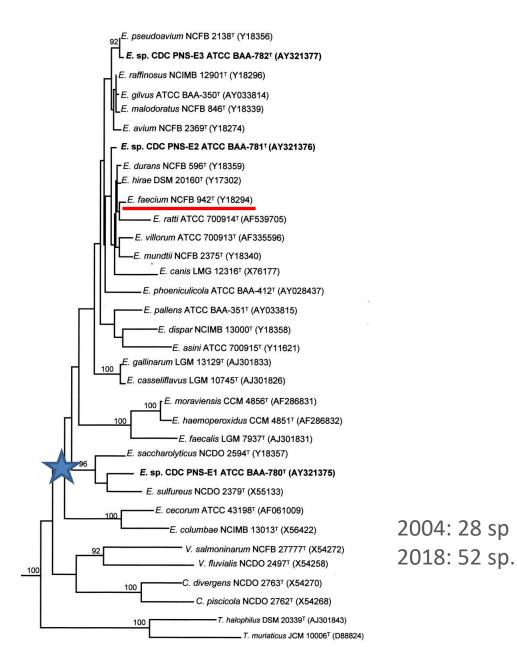
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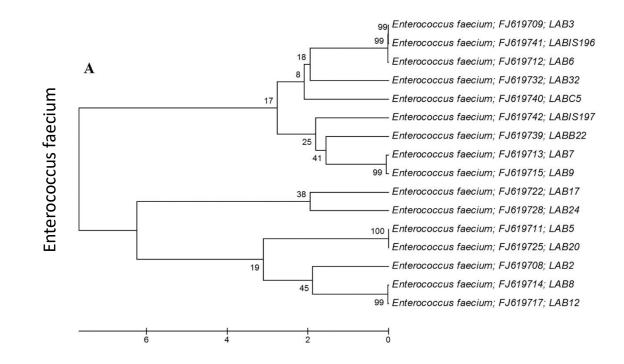


Operational Taxonomic Unit (OUT) is used to classify bacteria based on sequence similarity of the 16S marker gene. An OTU consists of a group of bacteria whose 16S marker gene shows a sequence identity of 97 percent and above. It is used to classify bacteria at the genus

			<u>No BMI adjustment</u>		<u>BMI adjustment</u>	
OTU	N.not.0	Direction	P.value	Q.value	P.value	Q.value
Bacilli class	2003	positive	6.93E-04	0.014	0.058	>0.1
Lactobacillales order	2003	positive	6.93E-04	0.014	0.307	>0.1
Enterococcaceae family	261	positive	1.53E-05	0.001	4.14E-04	0.032
Enterococcus genus	261	positive	1.60E-05	0.001	4.41E-04	0.032
Rikenellaceae family	2081	negative	1.43E-04	0.004	0.037	>0.1
Alistipes genus	2079	negative	1.32E-04	0.004	0.033	>0.1
Porphyromonadaceae family	2102	negative	0.001	0.024	0.122	>0.1
Odoribacter genus	1935	negative	1.93E-05	0.001	0.021	>0.1
Ruminococcaceae UCG002 group	2071	negative	1.28E-04	0.004	0.083	>0.1
rectalegroup	2098	positive	6.17E-04	0.014	0.083	0.045
Hungatella genus	1030	negative	0.002	0.035	0.083	0.035
ErysipelotrichaceaeUCG003 genus	1902	positive	0.061	>0.1	5.2E-04	0.032
ventriosumgroup	1980	positive	0.008	0.071	0.001	0.045

#### Enterococcus sp. Phylogenetic tree

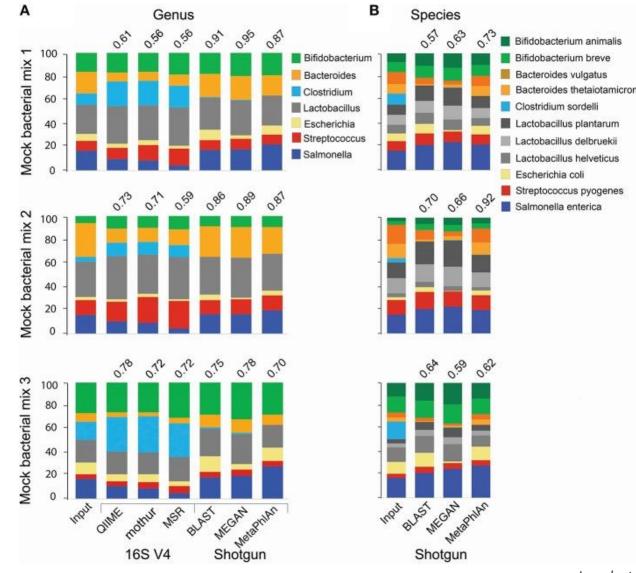




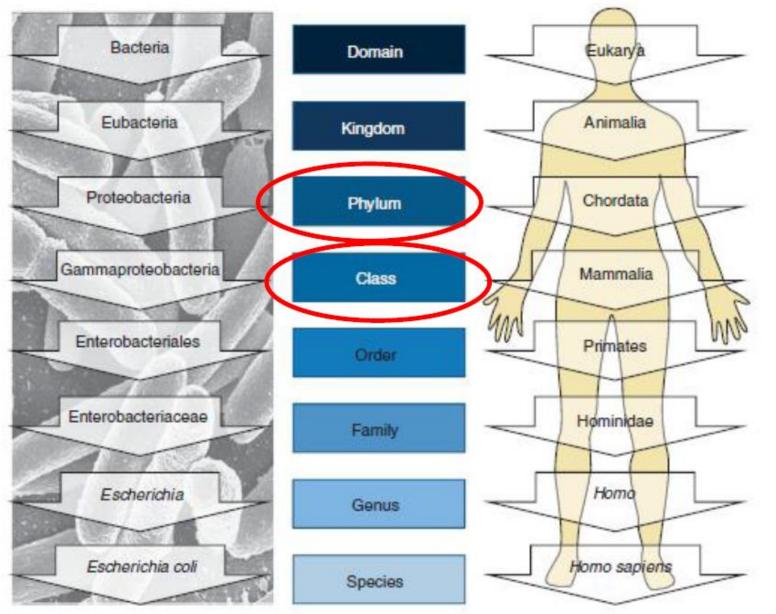
J. Clin. Microbiol. 2004. 42 (3): 1192-1198 Braz. J. Biol. 2015. 75 (4)

### **Taxonomic Classification of Bacterial Sequences**

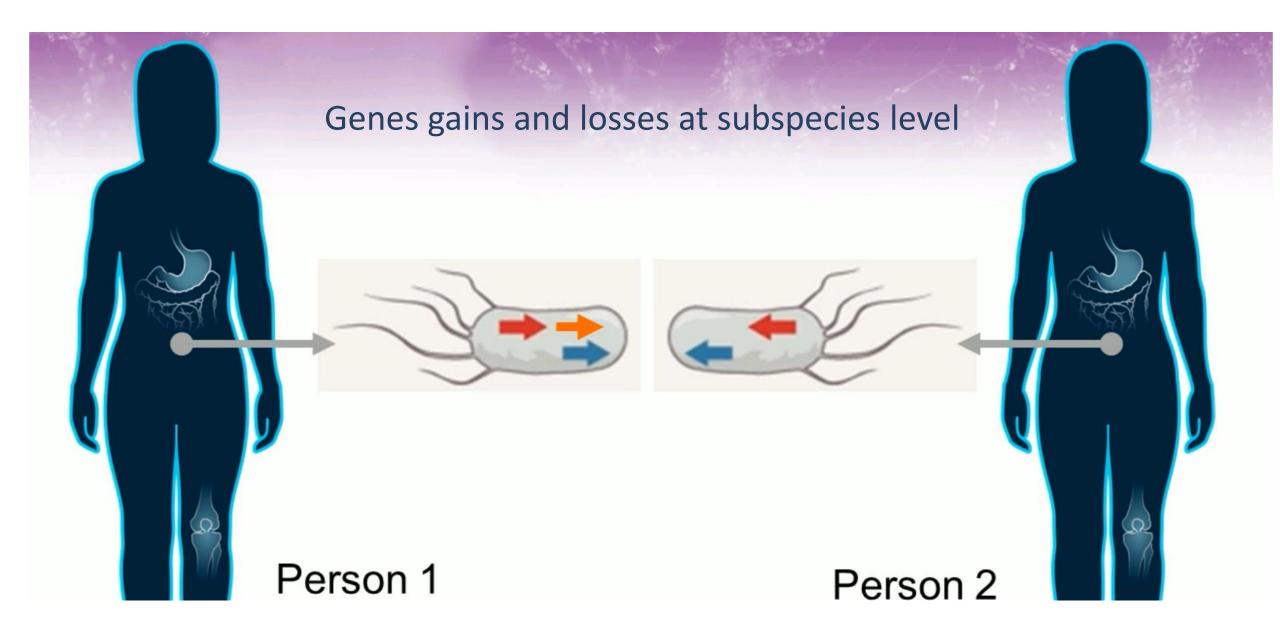
NEXTflex V4 16S amplicon Nextera XT



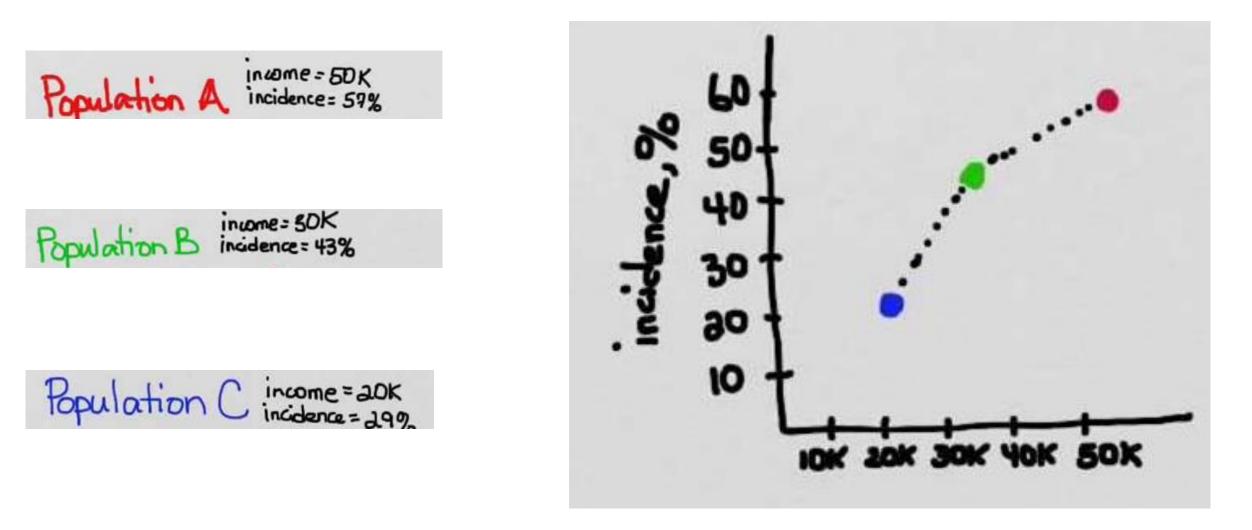
Jovel at al. 2016. Frontiers of Microbiology



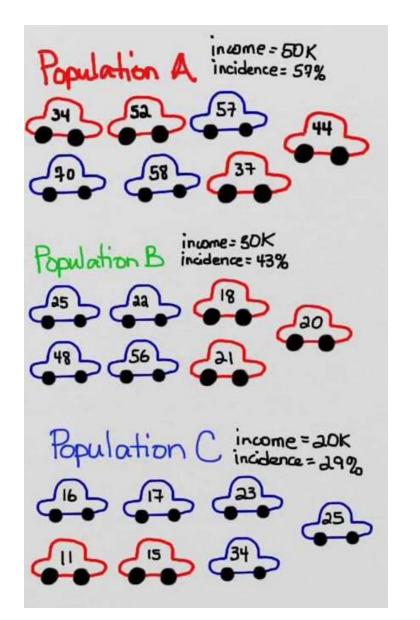
Tayler et al. Am J gastroenterology 2014

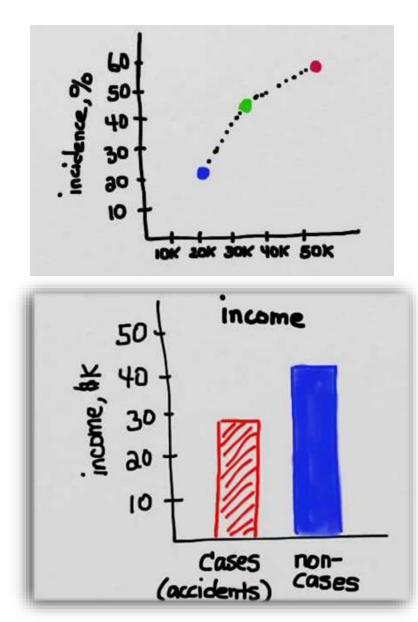


#### Taxonomical analysis: Group based analyses

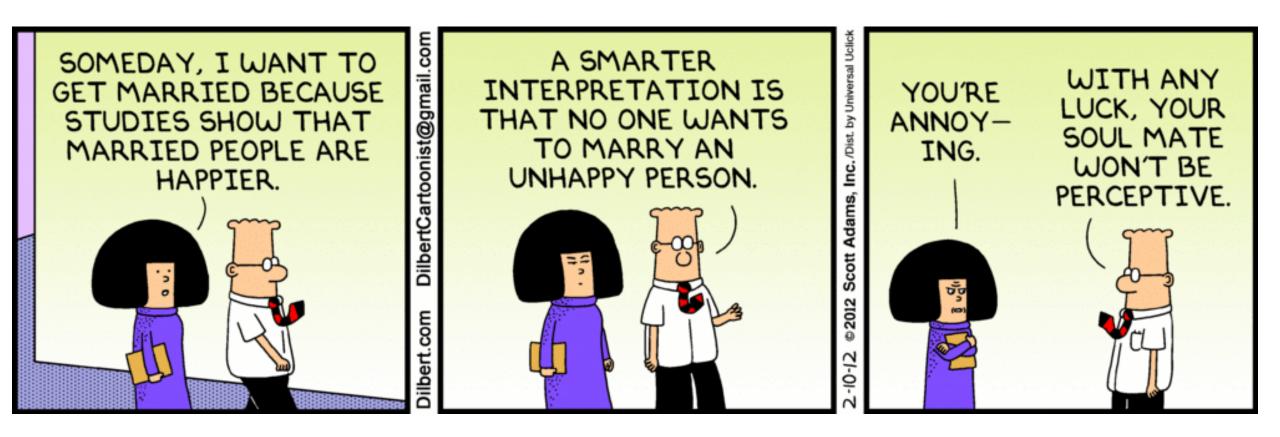


### Ecological fallacy: Group based analyses





### **Reverse causal reasoning**



### Choosing the correct transformation

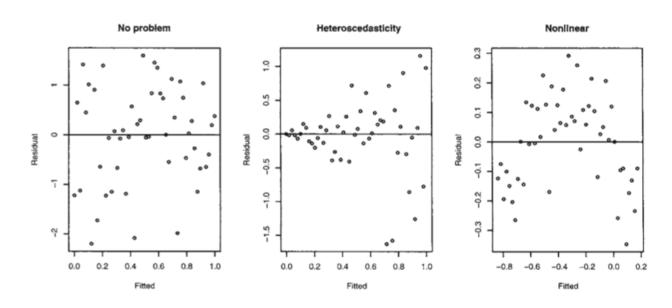
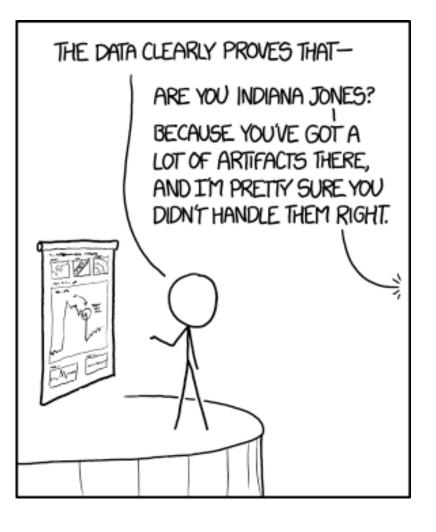


Figure 4.1 Residuals vs. fitted plots—the first suggests no change to the current model while the second shows nonconstant variance and the third indicates some nonlinearity, which should prompt some change in the structural form of the model.



## How can we measure and interpret GM?

- As no "gold standard" methods are still available yet for the analysis of microbiome, there is a lot of flexibility in the methods to be used. However, you need to be conscious of the pros/contras of this decision.
- New methodologies will surely emerge as, in other fields, the advances to acquire more and better data are going faster than the development of analysis algorithms. Therefore, in such an emergent field you need to update yourself constantly to keep in the cutting-edge loop

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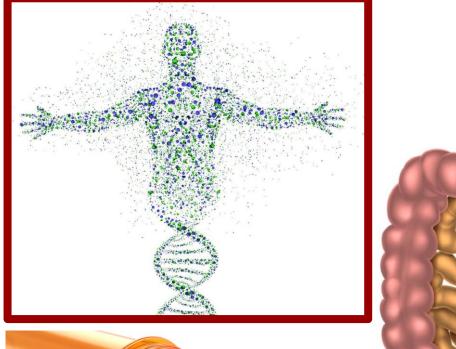
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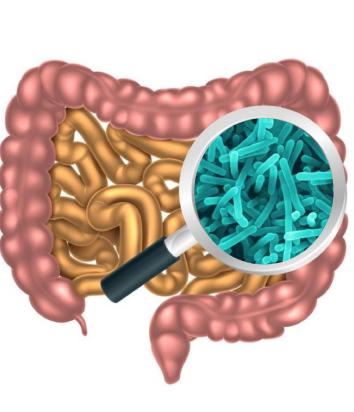
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## Influences on Gut Microbial Composition



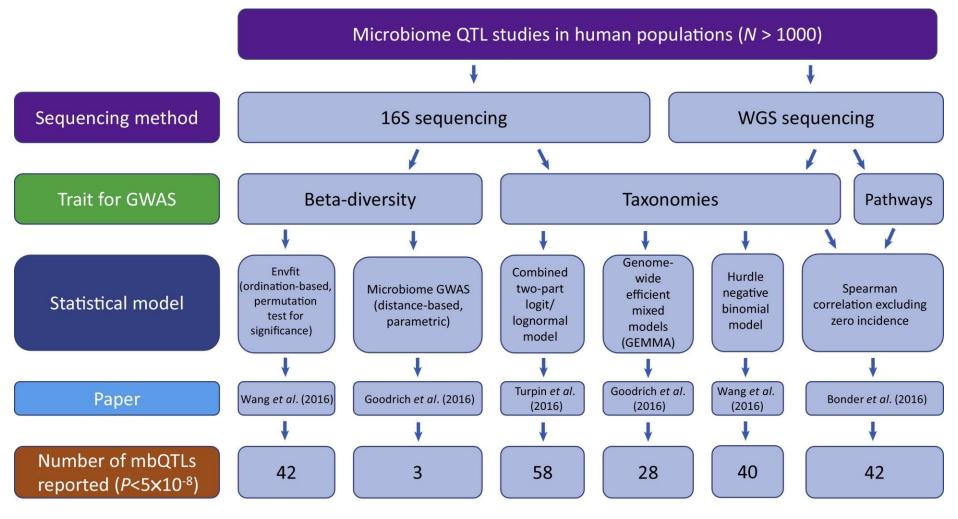








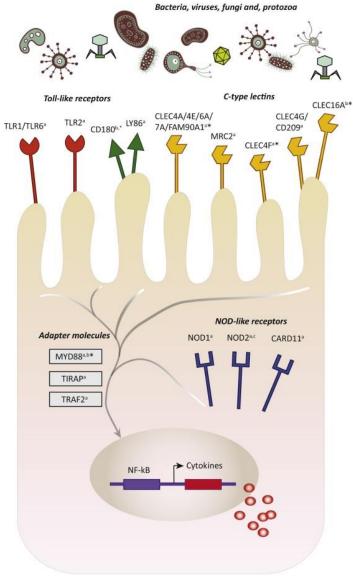
## Main Driver: Diet or <u>Genetics</u>?



**Trends in Immunology** 

#### Kurilshikov A, et al. Trends Immunol. 2017

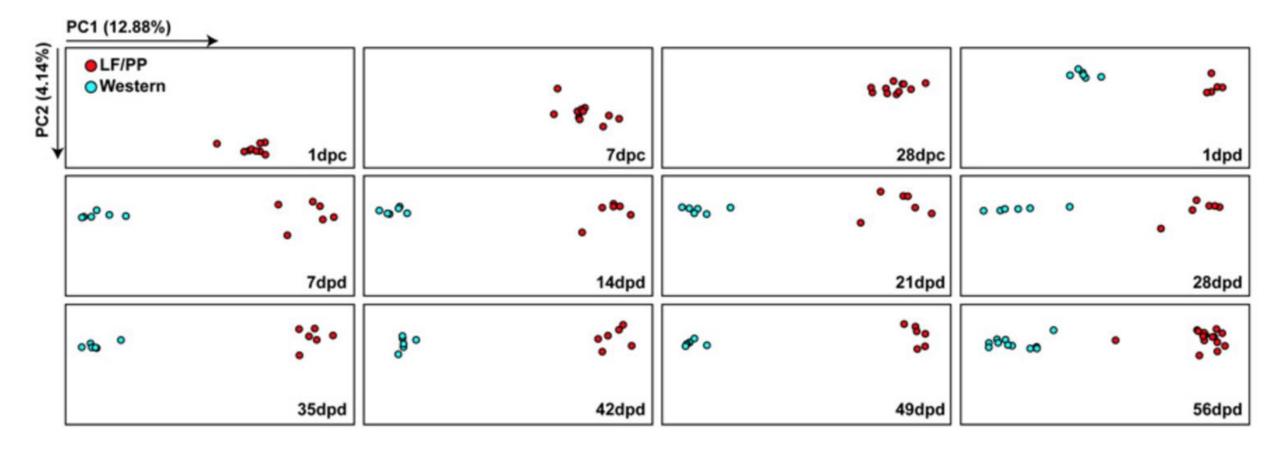
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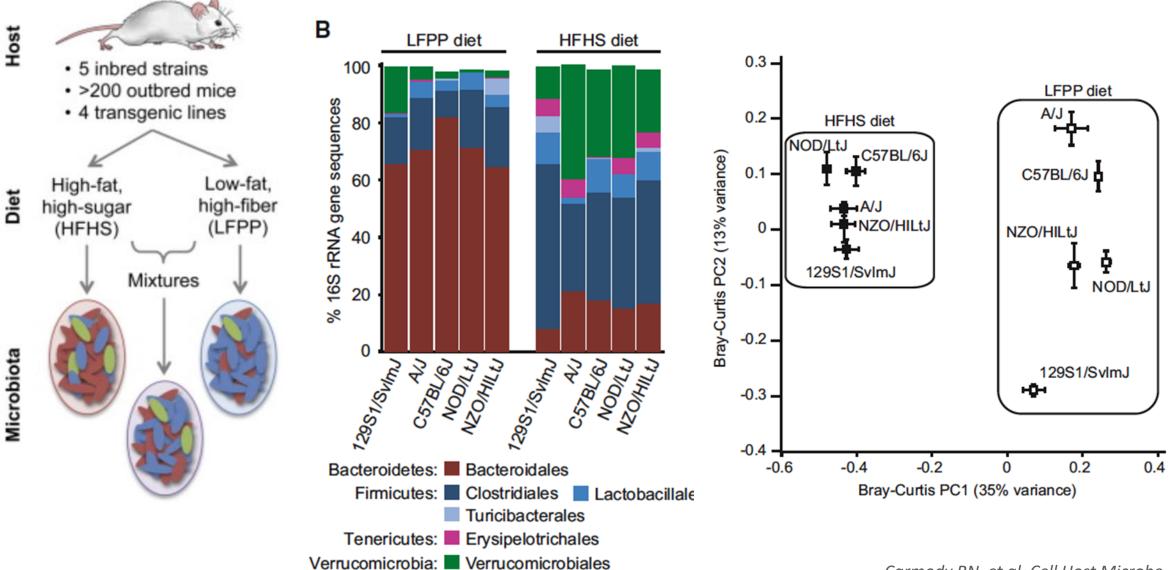
Kurilshikov A, et al. Trends Immunol. 2017

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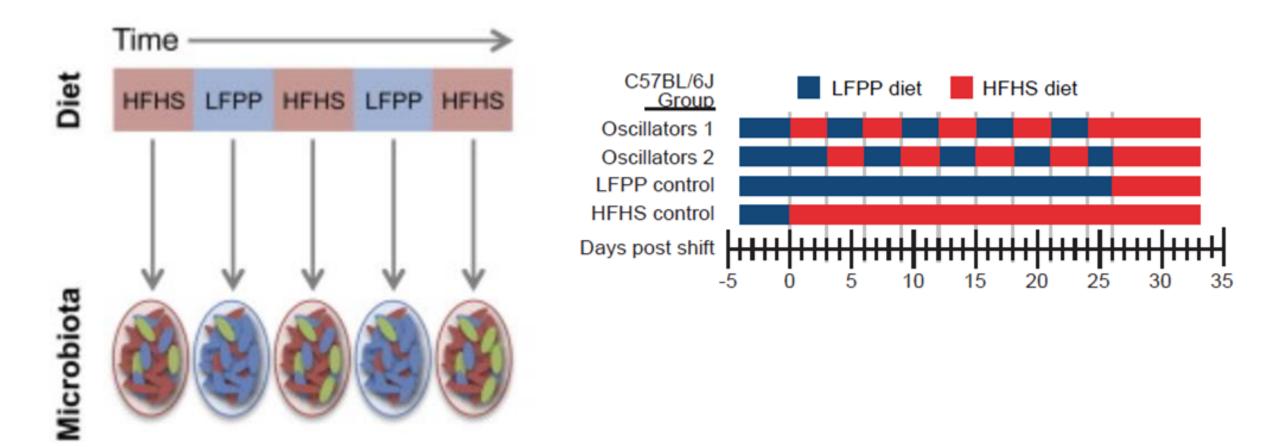
Turnbaugh et al. (2009)

## Diet vs Host Genotype

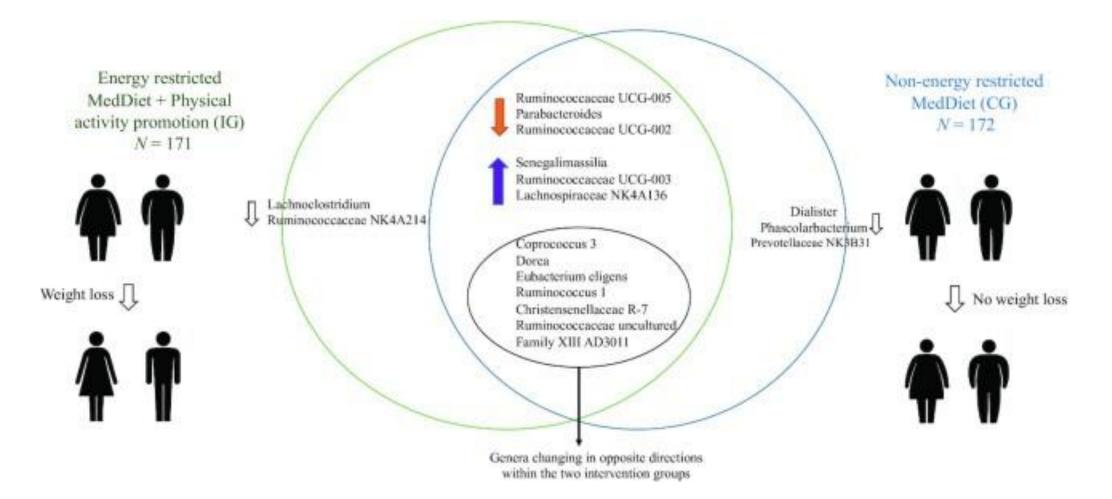


Carmody RN, et al. Cell Host Microbe. 2015

## **Responsiveness to Shifts in Diet**

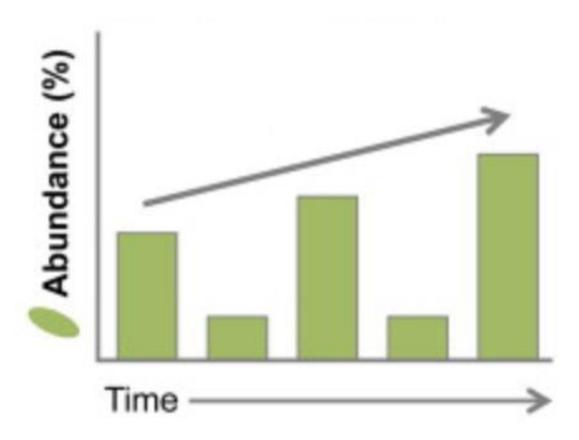


## **Responsiveness to Shifts in Diet**



## Memory Associated with Past Diets

- Oscillation of number dependent or stable abundances for OTUs
- Determination of "microbial memory"



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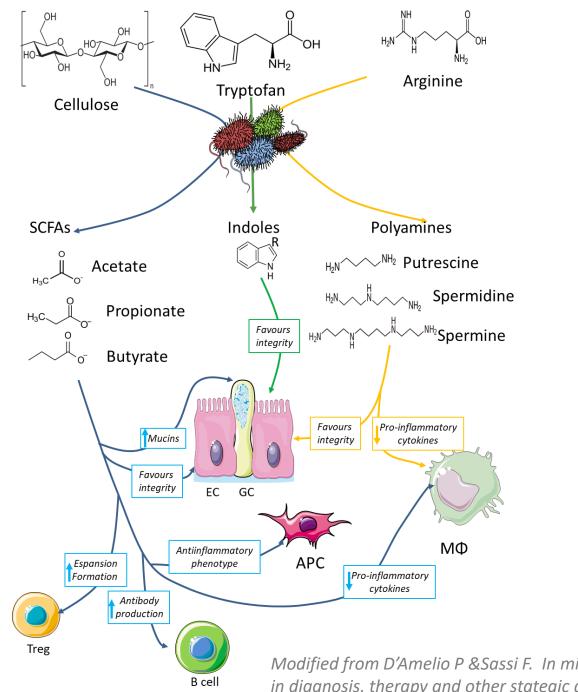
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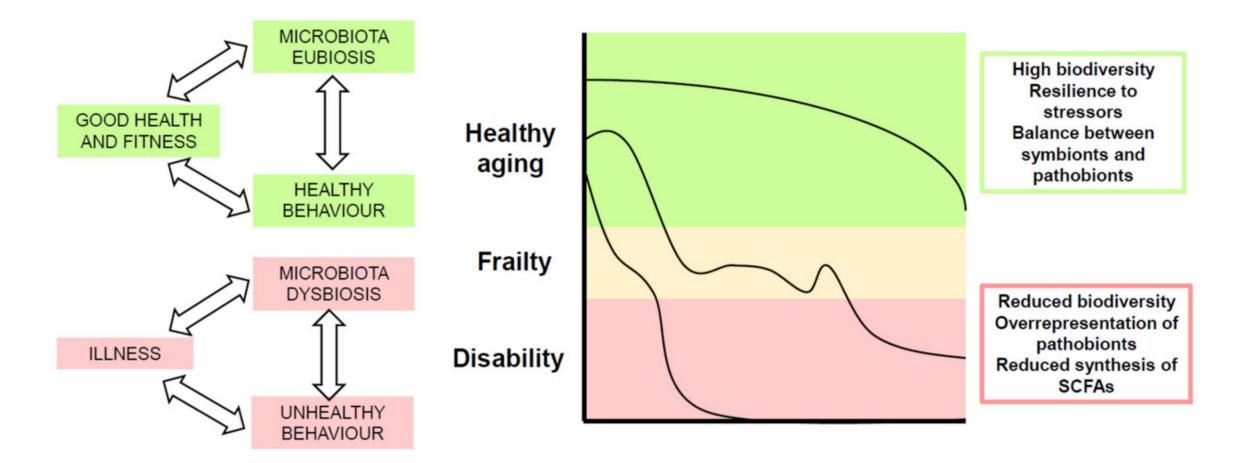
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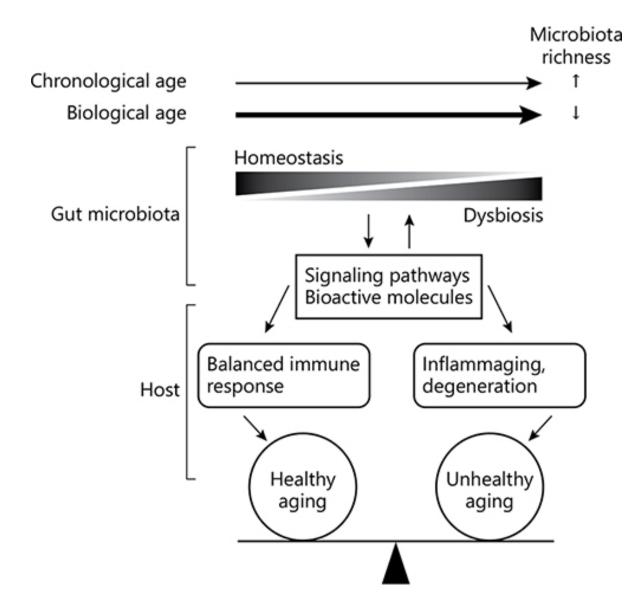
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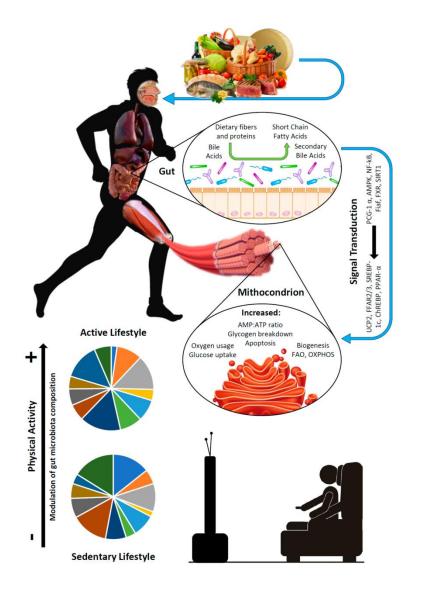


## GM in aging: is there a role in frailty?



Kim S.et Jazwinski S.M. Gerontology 2018

# Aging Gut Microbiota at the Cross-Road between Nutrition, Physical Frailty, and inflammation



Ticinesi A et al. Nutrients. 2017

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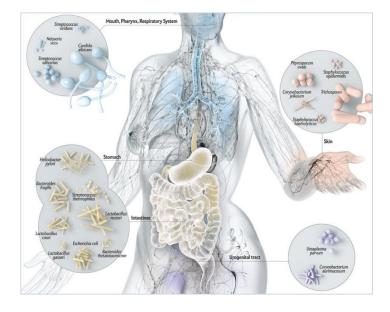
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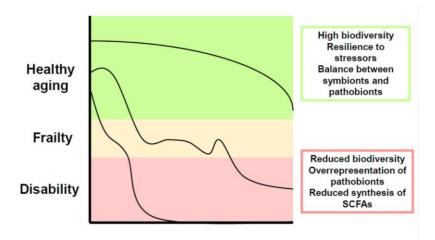
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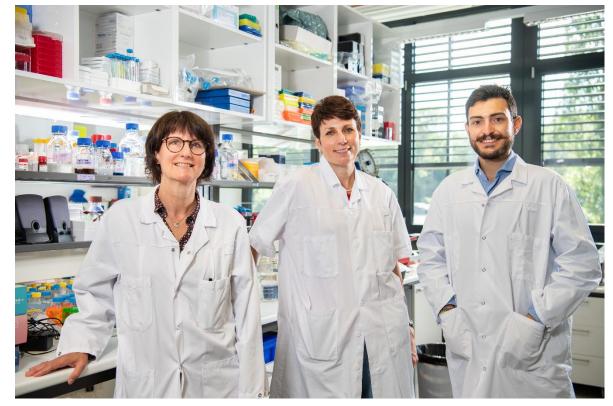


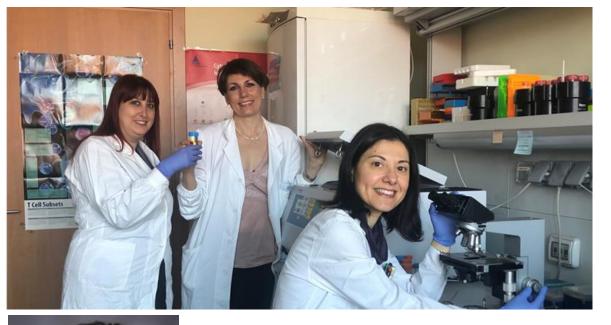


Thank you!



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Prof R Pacifici **Emory University**