

- **Lower GI tract (small intestine (inc. duodenum and ileum), large intestine, rectum and anus):**

- Flora changes the lower down the tract you go
- **Ileum:** bacterial levels = 10^5 to 10^7 /g, mainly gram + bacteria
- **Distal small intestine** level = 10^8 /g. Mix of gram -/+ bac.
- **Large intestine (colon):** Flora quantity similar to that of faeces = 10^{11} /g. Mainly anaerobic bacteria; coliform, enterococci and clostridia
- Bacteria in GIT tract can synthesis vitamin K, and B12
- **Urogenital tract (bladder and urine):**
- Urethra epithelial cell lining can be colonised by gram neg. rods and cocci (e.g. *e. coli* and *Proteus mirabilis*)

- **Advantages of normal flora**

- Normal body flora prevents colonisation of pathogenic bacteria (by competition for attachment sites and essential nutrients)
- Produce substances which inhibit or kill non-indigenous microbes
- Stimulates production of natural antibodies

- **Disadvantages of normal flora**

- Illness and/or antibiotics can cause an imbalance of natural flora
- Natural flora may cause endogenous disease
- Transfer of normal flora to susceptible hosts (suppressed immune systems)
- Bacterial synergism, cross feeding – normal flora help growth/survival of pathogen

- **Factors that affect your normal flora**

- temp, weather, humidity, age, pH, hygiene, and an increase in salt levels
- Disadvantages of normal flora

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