



## What is auto brewery syndrome?

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Auto brewery syndrome is also known as gut fermentation syndrome and endogenous ethanol fermentation. It's sometimes called "drunkenness disease." This rare condition makes you intoxicated — drunk — without drinking alcohol. This happens when your body turns sugary and starchy foods (carbohydrates) into alcohol. Auto brewery syndrome can be difficult to diagnose. It may also be mistaken for other conditions. Only a few cases of auto brewery syndrome have been reported in the last several decades. However, this medical condition has been mentioned in the news several times. Most of these stories involve people who were arrested for drinking and driving. For example, one woman was found to have the condition after she was arrested for drunk driving in New York. Her blood alcohol level was four times the legal limit. She wasn't charged because medical tests showed that auto brewery syndrome raised her blood alcohol levels. It's the type of story that the media loves, but it's not likely to repeat itself very often. Nevertheless, this is a very real condition. It's important to be diagnosed if you feel you may have it.

There are no specific tests to diagnose auto brewery syndrome. This condition is still newly discovered and more research is needed. Symptoms alone are typically not enough for a diagnosis. Your doctor will likely do a stool test to find out if you have too much yeast in your gut. This involves sending a tiny sample of a bowel movement to a lab to be tested. Another test that might be used by some doctors is the glucose challenge.

In the glucose challenge test, you'll be given a glucose (sugar) capsule. You won't be allowed to eat or drink anything else for a few hours before and after the test. After about an hour, your doctor will check your blood alcohol level. If you don't have auto brewery syndrome your blood alcohol level will be zero. If you have auto brewery disease your blood alcohol level may range from 1.0 to 7.0 milligrams per decilitre.

To perceive advancements and innovations be a part of our next in series conference 2nd World Congress on Rare Diseases scheduled on November 23-24, 2019 Istanbul, Turkey

### References:

- Our OCM Dr. Alba Ancochea, CEO of Spanish Federation of Rare Diseases