

OPINION

Is It Traveler's Gastrointestinal Syndrome (TGS)? Or Is It Traveler's Gut Symbiosis (TGS)?

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ABSTRACT

With the ongoing understanding to evolve acceptance for rechristening medically colloquial terms which may be perceived to contribute towards healthcare disparities locally, regionally, or globally, it may be time to bring "Traveler's Diarrhea" and "Traveler's Constipation" under the umbrella of "Traveler's Gastrointestinal Syndrome" thus reflecting on the etiopathogenetic core which is "Traveler's Gut Symbiosis".

KEYWORDS

Healthcare Disparities; Symbiosis; Diarrhea; Constipation

INTRODUCTION

This is a personal story without any personal details. As on December 11, 2023 searched in Google (Courtesy of Alphabet Inc.), "Traveler's Diarrhea" returned about 806,000 results while "Traveler's Constipation" returned only about 2,510 results. As on December 11, 2023 searched in PubMed (Courtesy of the U.S. National Library of Medicine), "Traveler's Diarrhea" returned about 616 results while "Traveler's Constipation" returned only about 179 results. As on December 11, 2023 PubMed search filtered for MEDLINE (Courtesy of the U.S. National Library of Medicine), "Traveler's Diarrhea" returned about 533 results while "Traveler's Constipation" returned only about 148 results.

Historically, touring travelers documenting their gastrointestinal symptoms might have been traveling from their home-country in the developed world to the developing world and thereafter returning back soon after. Considering that working travelers with home-country in the developing world might not have been traveling uncommonly to the developed world historically and thereafter staying longer or permanently, they might have lagged in documenting their gastrointestinal symptoms thus leaving the overall picture of "Traveler's Gut Symbiosis" (TGS) tainted, incomplete, or even unpainted from the perspective of "Traveler's Constipation".

If society in general needs time for evidence-based medicine to validate and approve the

acceptance of term "Traveler's Gut Symbiosis" as the norm, it can at least begin replacing "Traveler's Diarrhea" and "Traveler's Constipation" by bringing them under the umbrella of "Traveler's Gastrointestinal Syndrome" to encompass all "Traveler's Gastrointestinal Symptoms". This terminology may almost be akin to "Irritable Bowel Syndrome" (IBS) which may not be discriminating against constipation even if irritability of bowel as a potential misnomer may always bring diarrhea to the reader's mind first. An alternative can be to term "Traveler's Bowel Syndrome" due to "Traveler's Biome Symbiosis" for TBS symptomatology to sound like IBS symptomatology.

Paradoxically, the exponential expansion of gut biome understanding in the developed world followed by the exuberant acceptance of domesticated synbiotics (prebiotics-probiotics) for daily consumption along with squatting facilitating device usage during defecation may end up reversing TGS (TBS) symptomatology while traveling the developing world that may still be reeling under the insufferable wild forms of synbiotics in the absence of cost-prohibitive manufactured and marketed synbiotics as well as the absence of cost-prohibitive squatting facilitating device usage during defecation to mitigate the traditional squatting toilets disappearing and becoming obsolete. This reversal in TGS (TBS) symptomatology may almost be akin to vaccinated travelers from the developed world preemptively protecting themselves while traveling to the developing world that may still be reeling under highly prevalent natural infections thus always reminding that symbiosis can be commensal, mutualistic, parasitic, neutral, competitive and/or predatory.

Anyhow, this is the personal story without personal details about TGS (TBS) while traveling back and forth between family-home country in the developing world and work-home country in the developed world wherein preemptive containment of natural infection-related diarrhea during intercontinental inter-world travel may have gone so much

overboard with overzealous synbiotic consumption daily along with squatting facilitating device usage during defecation religiously that constipation during intercontinental inter-world travel may have gotten set in with the pendulum of "Traveler's Gut Symbiosis" maybe swinging too far.

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CONFLICT OF INTEREST

There are no conflicts of interest.

DECLARATION OF GENERATIVE AI AND AI ASSISTED TECHNOLOGIES IN THE WRITING PROCESS

None Used So None to Declare

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