

## Budúce smerovanie

Vzhľadom na zložitosť a veľkosť ČM a jeho metabolitov, ako aj na potenciálne prínosy a riziká ovplyvňovania ČM u vysokorizikových pacientov, je potrebný multidisciplinárny prístup. Do budúca je potrebné rozsiahlejšie aplikovať úplné metagenomické sekvenovanie na lepšie definovanie funkčných zmien v ČM u pacientov s kardiovaskulárnymi ochoreniami. Takéto metódy sú drahé, ale poskytujú rozlíšenie na úrovni druhu, ako aj funkčný potenciál mikróbov v čreve na hostiteľa.

Existuje široké spektrum možností ovplyvňovania ČM a v súčasnosti prebieha výskum jednotlivých modalít pri kardiovaskulárných ochoreniach. Zatiaľ nie je známe, ktorá metóda je najvhodnejšia na ovplyvnenie črevnej mikroflóry. Farmakologické zacielenie TMA-lyázy a modifikácia stravy predstavujú prijateľné stratégie na zmiernenie prejavov a progresie SZ. Najbezpečnejšou a najslubnejšou možnosťou však môže byť zmena stravy.

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