

# NEWSLETTER

# GUT INSTINCT

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## INTRODUCING ....

WELCOME to our first issue of GUT INSTINCT, our quarterly newsletter, Here you will read about all things gut-related - how to achieve great gut health, the latest advances in gut medicine, and personal pieces from our medical team. We hope you enjoy the read!



## KIWI FRUIT BENEFITS

The humble kiwifruit has many health benefits. Not only is it high in vitamin C, and a good source of folate and dietary fibre, but it has been shown that eating two green kiwifruit a day is a safe and effective treatment for reducing constipation and improving bowel habit.

## POO TRANSPLANTS

Yes, you read it correctly, we also refer to this procedure as a Faecal Microbiota Transplant (FMT). It involves transferring healthy human donor faeces (which has been carefully screened) into the large bowel of a recipient, via endoscopic procedures and/or enema.

Our bodies contain trillions of bacteria cells called the gut microbiome, which can be disrupted by the use of antibiotics that can wipe out our 'good' bacteria. The idea of a FMT, is that it helps restore this 'good' bacteria.

For carefully selected patients, FMT has been shown to be a low risk and effective treatment for recurrent clostridium difficile colitis. More research however, is required to evaluate the benefit in other gastrointestinal conditions, like irritable bowel syndrome.

## DR DIANA LEWIS

Dr Diana Lewis has recently joined the GastroNorth team.

Diana enjoys all aspects of general gastroenterology and has a special interest in liver disease. She consults and performs endoscopy at Bundoora.

In her spare time, she enjoys baking and here she shares her recipe for a healthier cake option.



## DIANA'S CHOC CHIP ZUCCHINI CAKE



Did you know?

Zucchini is technically a fruit.

### YOU'LL NEED -

- 1 cup raw sugar
- 1 cup vegetable oil
- 3 eggs beaten
- 1 tsp vanilla
- 1.5 cups wholemeal flour
- 1.5 cups white plain flour
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp cinnamon
- 2 cups grated zucchini (unpeeled)
- 1 cup choc chips

### DIRECTIONS -

Beat sugar, eggs, oil & vanilla till fluffy.  
Mix in both flours, salt, baking powder until just combined.  
Stir through zucchini & choc chips.

Bake at 170c for 1 hour. ENJOY!



Zucchini can improve digestion as it is high in water, fibre, electrolytes & other nutrients.

## BOWEL CANCER SCREENING

If you have an even number birthday this year and you're between 50 - 74 years, you will receive a bowel cancer screening kit in the mail. It's free, simple to do and could save your life. This kit is for those without symptoms.

If you are experiencing a persistent change in bowel habit, unexplained abdominal pain, blood in the stools, weight loss or have a family history of bowel cancer, please see your doctor, it may be recommended that you have a colonoscopy to see what is going on.



90% of bowel cancer cases can be treated successfully if diagnosed early. Please don't wait too long.

Dr Raouf Bassily, Dr Alvin Chung, Dr Tin Nguyen, Dr Josh Butt, Dr Soly Kashkooli,  
Dr Shamilah Lachal, Dr Diana Lewis, Dr Simon Glance