

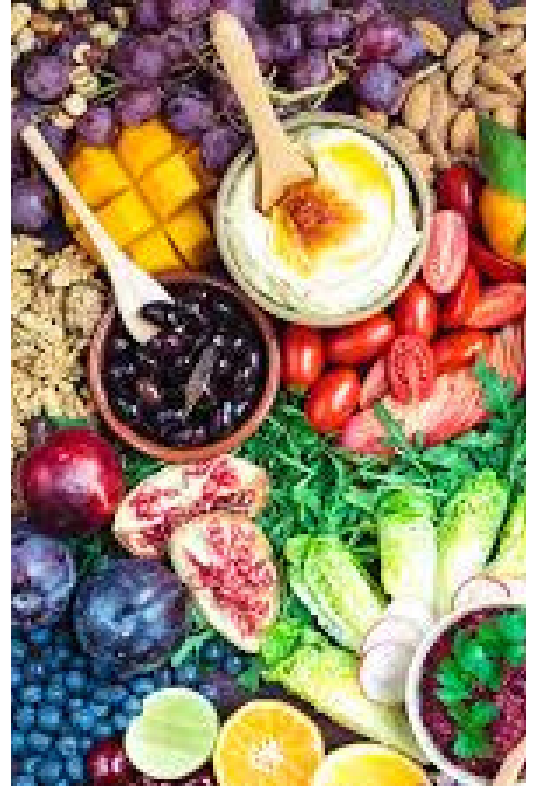
GUT INSTINCT

FEEDING YOUR GUT MICROBIOTA

There are thought to be around 100 million to 100 trillion bacteria in your body, and most live in your intestines. Collectively, these bacteria are known as your gut microbiota. In your gut microbiota there are hundreds of different species of bacteria, with each playing a different role in your health. These bacteria produce nutrients and essential substances that our cells cannot.

It is well accepted that the more diverse your gut bacteria, the better it is for your health. Many studies have now shown that a disrupted microbiota can lead to numerous chronic diseases.

The best way to maintain a healthy microbiota is to eat a diverse range of fresh, whole foods, mainly from plant sources like fruits, veggies, legumes, beans and whole grains.



PREBIOTICS AND PROBIOTICS



Prebiotics are plant fibres found in many fruits and vegetables, and they act like fertilizers, by stimulating the growth of healthy bacteria in the gut. Probiotics on the other hand, contain live organisms, usually specific strains of bacteria. When consumed, they join the other bacteria in your gut microbiome. The most known probiotic foods are yoghurt and fermented foods.

Whilst there are many prebiotic and probiotic supplements that you can buy, it's important to keep in mind that some claims have not been researched fully enough. Prior to taking any type of supplement, we would recommend talking to your doctor first. We do fully support getting your prebiotics and probiotics from a healthy diet.

NEW GUIDELINES LOWER THE AGE FOR COLORECTAL SCREENING FROM 50 TO 45 YEARS

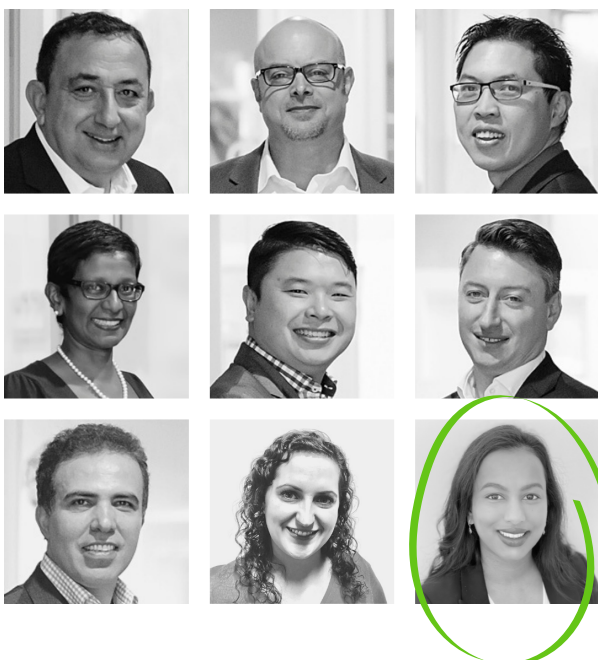
In March 2021, the American College of Gastroenterology (ACG) published updated clinical guidelines, which recommend screening start at age 45 for people of average risk, to reduce incidence and save lives.

Here in Australia, our guidelines recommend screening using the 'Poo Test' every 2 years between ages 50-74, for people at average or near average risk* of bowel cancer.

- Those with (i) no first- or second-degree relative with bowel cancer; or (ii) one first-degree relative with bowel cancer diagnosed at 55 years or older; or (iii) one first-degree and one second-degree relative diagnosed with bowel cancer at 55 years or older

Australian medical guidelines also state GPs can offer a 'Poo Test' every 2 years to people aged 45-49 who request it, after being fully informed of the benefits (and any possible harms) of testing.

At GastroNorth, we look forward to the Australian guidelines being updated to reduce the bowel cancer screening age to 45 years, so bowel cancer can be detected earlier if present, and save lives.



top row - Dr Bassily, Dr Glance, Dr Nguyen
 middle row - Dr Lachal, Dr Chung, Dr Butt
 bottom row - Dr Kashkooli, Dr Lewis, Dr Parthasarathy

INTRODUCING DR NINA PARTHASARATHY

This month, we are excited to welcome Dr Nina Parasarathy to our team. She is a gastroenterologist and endoscopist who enjoys all aspects of gastroenterology.

With a team of 9 experienced gastroenterologists, we can ensure that wait times for appointments are kept to a minimum. We appreciate that when you have gut issues, you need them to be resolved as quickly as possible.