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THE PLACE FOR SCIENTIFIC DEBATE

The Gut Microbiota For Health Newsletter #63

August 6, 2015

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Edito

Dear Friends,

First, we are pleased to inform you that our gut microbiota e-learning course is now officially accredited for Continuing medical education. Be sure to take the quiz to get CME credits!

In this newsletter you will find two articles featuring Canadian researchers: one with Paul Moayyedi that gives in-depth coverage of his well-known recent trial of fecal microbiota transplantation to treat ulcerative colitis, and another with Deanna Gibson that covers diet - especially lipids -- and inflammatory bowel disease.

Our event coverage this week includes a summary of the Digestive Disease Week 2015 symposium on celiac disease and gut microbiota. Then, Gut Microbiota for Health board member James Versalovic brings us a literature selection showing that a low FODMAP diet decreased abdominal pain in children with irritable bowel syndrome. Finally, we showcase a contribution by Jameson Voss of the United States Air Force School of Aerospace Medicine on the new concept of "pawnobes", cultivated commensal microbes developed in ways that parallel agricultural cultivation.

We have more new content than ever on the Gut Microbiota for Health site - be sure to check back regularly to stay up to date!

The GMFH publishing team

Gut microbiota e-learning: Get CME Credits!

The « Gut microbiota e-learning », made available on gutmicrobiotaforheath.com and organized by the Gut Microbiota & Health ESNM Section, is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists.

The « Gut microbiota e-learning », made available on gutmicrobiotaforheath.com and organized by the Gut Microbiota & Health ESNM Section, is awarded 1 European CME credits (ECMEC's).

Each medical specialist should claim only those credits that he/she actually spent in the educational activity. The EACCME is an institution of the European Union of Medical Specialists (UEMS). Only those e-learning materials that are displayed on the UEMS- EACCME website have formally been accredited.



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Forward

FMT for ulcerative colitis holds promise despite discontinued Canadian trial, says Moayyedi

Dr. Paul Moayyedi, a gastroenterologist and researcher at McMaster University in Hamilton, Canada, was the first author of a study published earlier this year that investigated fecal microbiota transplantation (FMT) as a way to induce remission in patients with ulcerative colitis (UC).

Although patient recruitment was discontinued at the study's halfway point for reasons of futility, Moayyedi says he was encouraged by the final results and says that FMT could have the potential to treat ulcerative colitis as well as, or better than, currently available therapies.

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Written by K. Campbell



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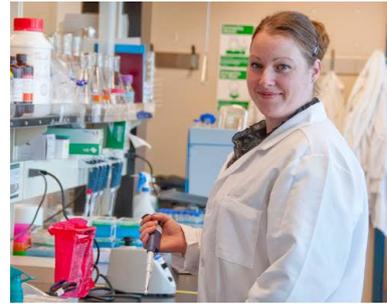
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Forward

Messages about diet and IBD need to change, says Canadian researcher

When Dr. Deanna Gibson began studying patients with inflammatory bowel disease (IBD), she found it strange that scientists knew very little about how diet -- a controllable factor -- could alter gut microbes and gut immune responses.



"In inflammatory bowel diseases, we know that environment is playing a role. The sheer dramatic rise in the incidence of them cannot be explained by genetics," Gibson says. "For me, diet was the number one factor that was logical."

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Written by K. Campbell



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Forward

Digestive Disease Week AGA Symposium: Celiac disease and gut microbiota

Alessio Fasano, a doctor from Massachusetts General Hospital, presented evidence for the role of the microbiome in the onset of celiac disease in his talk "The Role of Gut Microbiome and Metabolome in the Onset of Celiac Disease in Genetically At-Risk Individuals".

This topic was discussed during the American Association of Gastroenterology (AGA) translational symposium "Celiac Disease – Which factors are at play in childhood that increase the risk to develop the disease in adulthood?" at this year's Digestive Disease Week (DDW) in Washington D.C.



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Written by S. Jellbaeur



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Forward

'Pawnobes': Cultivated commensal microbes that impact host phenotype

In a new opinion paper, myself and collaborators discuss methods for beginning the process of microbe cultivation. For instance, stool transfers have already demonstrated so-called “super donors” who temporarily transmit marked improvement in insulin sensitivity to others.



To take this further, stool from a super donor could be transferred to many genetically similar, germ-free mice that would be observed for insulin sensitivity. Stool from the mice with the best traits could be transferred again to another set of germ-free mice and the process could continue until a more optimal stool transplant was developed.

[Read more](#)

Written by J. Voss



Low FODMAP diet can decrease abdominal pain in children with IBS

Previous research has shown that adults with irritable bowel syndrome (IBS) who adopt a low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) diet show an improvement in symptoms within 2 days. Would the low FODMAP diet have the same effect in childhood IBS? Does the gut microbiota predict the success of the diet in children who respond to this dietary intervention?



33 children with IBS participated in this study. Gut microbial composition and metabolic capacity were assessed at baseline, and then the children were randomised to either a low FODMAP diet or a typical American childhood diet (TACD) for 48 hours. Foods in each dietary condition were prepared and delivered to the children's homes. They completed a 5-day washout period and then adopted the other diet.

[Read more](#)

Written by J. Versalovic



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