

NEWS RELEASE

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Preston Conference To Deliver More Than Gut Reaction

‘The Gut Flora in Clinical Practice: Current Perspectives’

Topping up your good bacteria to help maintain health and possibly prevent and treat disease may well be advice worth taking according to experts at a forthcoming conference at the University of Central Lancashire (UCLan).

Organised by UCLan’s Faculty of Health in collaboration with Yakult UK Ltd., the conference will gather together renowned speakers and delegates from across the UK on Wednesday, 10 September to review the latest research into the vital roles of bacteria in the human gut.

Professor Peter Aggett OBE, Head of the UCLan’s Lancashire Postgraduate School of Medicine and Health, commented: “There are more bacteria in our gut than there are cells in our bodies. Most of these bacteria are in the large bowel, and many are beneficial. We acquire them at birth and they influence the digestion of food, protect us from harmful germs, which cause gastroenteritis, and recent research shows that they may play increasingly important roles in preventing diseases such as food intolerances, bowel inflammation, irritable bowel syndrome and perhaps cancer.

“The role of bacteria in health maintenance has been increasingly investigated in the past decade, and we are excited at the prospect of further research in order that we can understand what the ideal balance of bacteria in the gut should be, and how that can be achieved.”

The evidence for beneficial effects and insights into clinical application will be discussed at the conference. Attendees will include dietitians and nutritionists, researchers, clinicians, general practitioners, health promotion specialists and students.

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