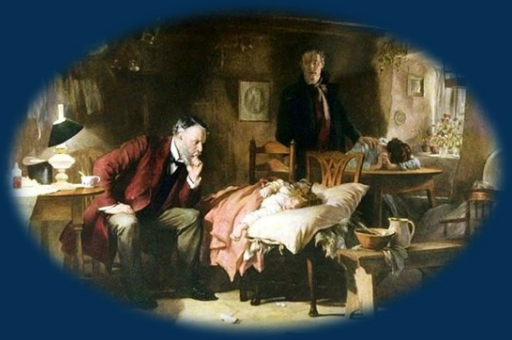
APRIL 2015

PATIENT CONNECTION



Published by Dr. Alexander Kopp www.DrKoppMd.com

Intestines Trivia Questions

1. How long, on average, is the small intestines?
2. How long, on average, is the large intestines?
3. The large intestines is divided into how many parts?
4. On average, how long is food held in the small intestine?
5. On average, how long can food last in the large intestine?
6. Where does food go once its absorbed in the intestines?
7. On average, how many microorganisms reside in your intestines?

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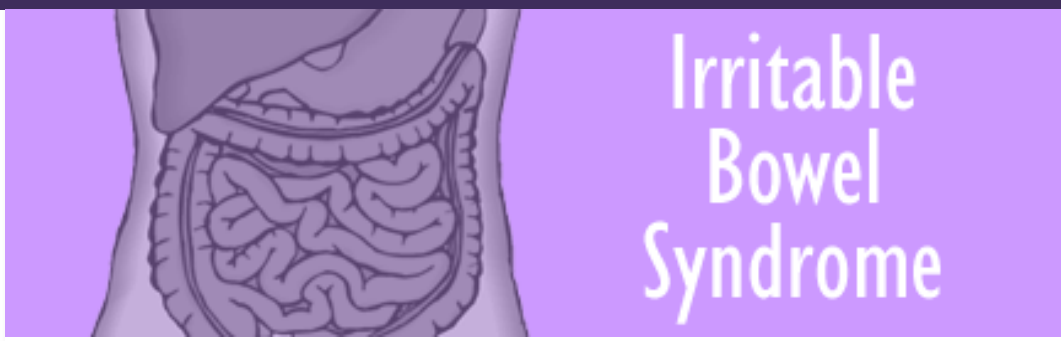
Alexander Kopp, MD
Newton-Wellesley Hospital Campus
White Medical Building
2000 Washington St. Suite 542
Newton, MA 02462
Tel: 617.527.6200, Fax: 617.965.5894
akopp@drkoppmd.com
www.DrKoppMd.com



APRIL IS IRRITABLE BOWEL SYNDROME MONTH

What is Irritable Bowel Syndrome? Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). Irritable bowel syndrome commonly causes cramping, abdominal pain, bloating, gas, diarrhea and constipation. IBS is a chronic condition that you will need to manage long term.

Even though signs and symptoms are uncomfortable, IBS — unlike ulcerative colitis and Crohn's disease, which are forms of inflammatory bowel disease — doesn't cause changes in bowel tissue or increase your risk of colorectal cancer.

Only a small number of people with irritable bowel syndrome have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. Others will need medication and counseling.

Source: Mayo Clinic

Probiotics Versus Prebiotics

What are probiotics and prebiotics? How can I benefit from consuming them? Probiotics are "good" bacteria that help keep your digestive system healthy by controlling growth of harmful bacteria. Prebiotics are carbohydrates that cannot be digested by the human body. They are food for probiotics. The primary benefit of probiotics and prebiotics appears to be helping you maintain a healthy digestive system.

What foods are good sources of probiotics?

One of the best sources of probiotics is yogurt. It has good bacteria like lactobacillus or bifidobacteria. Look for "live or active cultures" on the label to be sure your favorite brand of yogurt is a rich source of probiotics. Other good food sources are sauerkraut, miso soup, soft cheeses (like Gouda), and even sourdough bread.

What foods are good sources of prebiotics?

To help maintain healthy level of prebiotics, you can feed them with the foods you eat. Foods rich in prebiotics include asparagus, Jerusalem artichokes, bananas, oatmeal, and legumes.

Source: Webmd

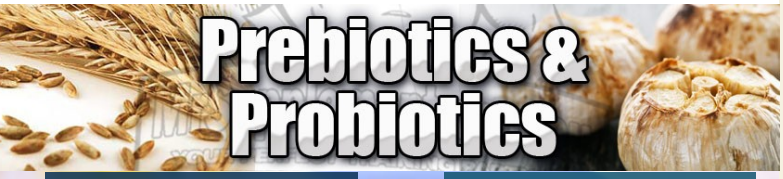
How Gut Microorganisms Affects Your Health

What are you feeding the trillions of microbes that reside in your gut?

Unhealthy gut bacteria also produce food cravings: A study published in *BioEssays* suggests that some microbes may drive us to eat doughnuts or another tempting treat. These gut bugs send chemical messages to the brain that sway our appetite and mood—perhaps making us feel anxious until we gobble a square of dark chocolate or a T-bone steak.

Fortunately, we can begin to take control by feeding our microbiome the right foods. "I tell my patients, 'The bacteria follow the food,'" says gastroenterologist Robynne Chutkan, MD, founder of the Digestive Center for Women in Chevy Chase, Md., and author of *Gutbliss*. "What we eat dictates the kind of bacteria we grow in our gut garden."

Sources: Health.com



Top 10 Probiotic Foods

- Yogurt
- Miso Soup
- Sauerkraut
- Kefir
- Kombucha
- Microalgae
- Pickles
- Tempeh
- Kimchi
- Soft Cheeses

Top 10 Prebiotic Foods

- Raw Chicory Root
- Jerusalem Artichoke
- Raw Dandelion greens
- Raw Garlic
- Raw Leek
- Raw Onion
- Cooked Onion
- Raw Asparagus
- Raw Wheat Bran
- Raw Banana

Source: Health.com

Trivia Question Answers

1. 20ft 2. 5ft 3. 6 parts 4. 1 to 4 hours 5. 18 hours to 2 days 6. Liver 7. Trillions line the intestinal tract.

Trust Your Gut

Did you know we can carry up to 2 kg (4.6 pounds) of microbes in our gut? Within the tens of trillions of micro-organisms that live there are at least 1,000 species of bacteria consisting of over 3 million genes. What is more, two thirds of the gut microbiome - the population of microbes in the intestine - is unique to each individual.

But do you know how your gut microbiota could be influencing your health?

- When the stomach and small intestine are unable to digest certain foods we eat, gut microbes jump in to offer a helping hand, ensuring we get the nutrients we need.
- In addition, gut bacteria are known to aid the production of certain vitamins - such as vitamins B and K - and play a major role in immune function.
- Two thirds of the gut microbiome is unique to each person, and what makes this unique is the food we eat, the air we breathe and other environmental factors. Some studies have even suggested the makeup of the gut microbiome is influenced by genes.
- But as well as being linked to cancer development, research has found that gut bacteria may be important for improving the effectiveness of cancer treatment.
- "According to the American Psychological Association (APA), gut bacteria produce an array of neurochemicals that the brain uses for the regulation of physiological and mental processes, including memory, learning and mood. In fact, 95% of the body's supply of serotonin is produced by gut bacteria, according to the APA. With this in mind, it is perhaps unsurprising that gut bacteria has been associated with a number of mental health problems, including anxiety disorders and depression."
- "Time and time again, we hear from patients that they never felt depressed or anxious until they started experiencing problems with their gut," said lead study author Dr. Kirsten Tillisch, the study's lead author. "Our study shows that the gut-brain connection is a two-way street."
- According to the Mayo Clinic, a healthy diet can encourage the presence of good gut bacteria. They note that consuming fermented foods - such as miso and sauerkraut - increases the level of fermenting bacteria in the gut. In addition, fruits and vegetables contain fibers and sugars that can boost the health of gut bacteria.
- Exercise may also be key to improving gut bacteria diversity, according to a study reported by *MNT* in June 2014.
- The study, published in the journal *Gut*, compared the gut bacteria of 40 professional rugby players with that of two control groups. They found that the rugby players had much higher levels of *Akkermansiaceae* in their gut - a bacterium that has been associated with reduced risk of obesity.

Source: Medical News Today