

World Digestive Health Day 2008

Optimal Health and Nutrition

WGO Program E-Newsletter

May 2008 Edition

■ World Digestive Health Day, May 29, 2008: Optimal Health and Nutrition

Each year, on May 29, the World Gastroenterology Organisation celebrates **World Digestive Health Day (WDHD)**, the anniversary of the founding of the organisation in Washington DC, USA in 1958, by highlighting an important topic or theme in the area of digestive health and disease.

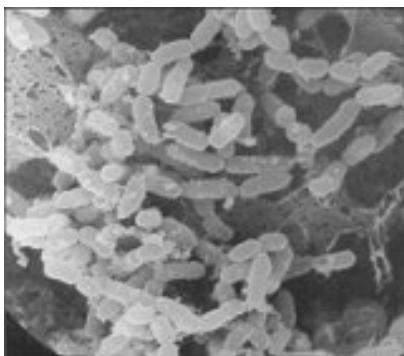
For this year's topic, **Optimal Health and Nutrition**, WGO has partnered with Danone to raise awareness and promote education about nutrition, especially in relation to digestive health and disease. WGO has issued a Call for Action to health care professionals, corporations and governments to make nutrition a global priority throughout 2008.

Around the campaign, a series of important World Digestive Health Day/Year activities and educational publications are planned:

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New Release: WGO Global Guideline on Probiotics and Prebiotics



Electron micrograph of *Lactobacillus salivarius* 118 adhering to Caco-2 cells

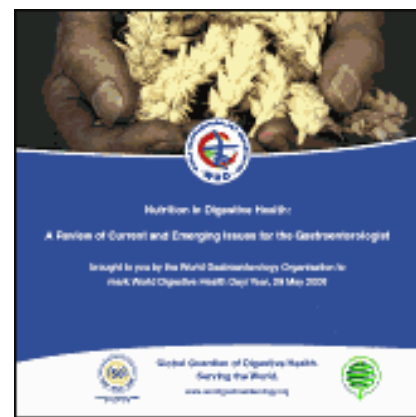
In keeping with the WDHD theme for 2008, WGO is proud to announce the release of a new WGO Global Guideline "**Probiotics and Prebiotics**". Chaired by Francisco Guarner from Spain, a renowned team of experts address the complexities of the role of prebiotics and probiotics in the management of digestive disorders and provide a uniquely global approach to this topic. The English language version is now available online and will be followed shortly by translations in French, Portuguese, Spanish, Mandarin, and Russian. The WGO Guidelines Committee is currently producing an **Obesity** guideline for release later this year.

» [View Global Guideline "Probiotics and Prebiotics"](#)

WGO Nutrition Tool now available to members

With the support of an unrestricted educational grant from Danone, WGO has completed the production of a teaching DVD which is designed to provide gastroenterologists with a comprehensive review of current and emerging issues in nutrition and digestive health. Chaired by Professor Eamonn Quigley, the DVD contains 5 presentations by experts covering important aspects in the field of nutrition and will be available on the WGO web site shortly.

» [Details](#)



Publications planned to draw global attention to Nutrition and Digestive Health



In the pipeline, for release throughout the year, WGO is collaborating on the publication of

- a special nutrition and probiotics supplement of World Gastroenterology News for circulation to our 50,000 members
- the original findings of a 20 country study headed by Dr. Alan Walker (Harvard University Medical School) into Digestive Disorders (DD) for reference by nutritional scientists and the media
- nutritional recommendations to improve health and reduce DD developed by a WGO Scientific Task Force for reference by consumers and healthcare/nutritional professionals.



WGO is honoured by the work of several national societies, who have already responded to our Call to Action, to plan WDHD events in their communities. WGO encourages all members to organise an event to raise awareness about Optimal Health and Nutrition throughout 2008.

Here are examples of some of the activities that are taking part in relation to WDHD:

World Digestive Health Day Events:

- **Kabul, Afghanistan**

Dr. Khawaja Qamaruddin has organised a celebration on May 29, 2008 at the National Ministry of Public Health in Kabul, Afghanistan.

- **Minsk, Belarus**

A national conference, "Preventive and Clinical Nutrition" will be held in Minsk on 26 May 2008, with the support of the Belarus Ministry of Public Health.

- **Cairo, Egypt**

The 1st Hepatology & Gastroenterology Post Graduate Course will be held from 28-29 November, 2008. This course will address new topics in hepatology and gastroenterology and will include lectures as well as interactive training sessions. For more information:

www.egyptgastrohep.com

- **Calicut, India**

Several special events are organised to take place at the Calicut Medical College: a gastroenterology quiz will be given to the medical and nursing students and an essay contest entitled "Nutrition and Liver Disease" will be offered. A public education exhibition and seminar addressing the topic "What to Eat in Order to Maintain Good Health" will be offered to the local residents of Calicut.

For more information: www.isg.org.in

- **Bhubaneswar, India**

A special symposium to commemorate WORLD DIGESTIVE HEALTH DAY 2008 entitled "Nutrition in Digestive Health" will be held in the Hotel SWOSTI PLAZA, Bhubaneswar, INDIA on 29 May 2008. Full programme details available here:

[Program: Nutrition in Digestive Health](#)

- **Jordan**

Vitamin B12 and iodine deficiency as well as anaemia are the most important nutritional issues in Jordan. Dr. Waseem Hamoudi has prepared a report on nutrition issues facing the population of this Middle Eastern country.

[Read the full report here](#)

- **Mexico City, Mexico**

Commencing on April 15, and running for the duration of 2008, the Mexican Gastroenterology Society has organised a nation wide digestive health campaign, which was launched with a gala evening and lecture by Dr S Jacoband, an expert in probiotics and digestive health. Throughout 2008, nutrition lectures will be held across various cities in Mexico, in order to educate the public about digestive issues. [Program overview](#)

- **Ulaanbaatar, Mongolia**

On May 29, 2008 the Department of Gastroenterology of Health Sciences at the University

of Mongolia, in cooperation with the Mongolian Society for Gastrointestinal Endoscopy will a public education symposium entitled "Optimal nutrition in Health and Diseases". On May 30, an additional lecture, "Clinical nutrition and food safety" will be opened to the public, with the support of the Mongolian Ministry of Health.

- **Sharjah, United Arab Emirates**

The Emirates Gastroenterology Society will hold a one day CME course about nutritional health on May 30, 2008. In addition, the society will launch a year long public awareness campaign about nutrition across the Emirates on May 29, 2008. For more information about how to register for the course, please visit: www.gastrouae.com

- **Spain**

The Spanish Society of Digestive Pathology will produce a Spanish language compendium of 18 WGO guidelines for free distribution during the national Spanish congress of gastroenterology (May 2008). WGO is pleased to support this project which will allow 1500 copies of the guidelines to be distributed amongst Spanish health care professionals.

[Access WGO Guidelines here](#)

- **Montevideo, Uruguay**

Professor Elena Trucco, President of Uruguayan Society of Gastroenterology, has co-organised with Danone a public education event on May 29, 2008 in the Uruguayan capital, Montevideo. A tent will be set up in the city center, and citizens will be offered the opportunity to undergo a nutritional evaluation which will examine their BMI, weight and diet. Doctors and health professionals will be on site to offer advice and recommendations. For more information please visit: www.sgu.org.uy

- **Venezuela**

The Sociedad Venezolana de Gastroenterología (SVG) has organized a series of events with national impact such as Forum, Demonstrative Presentations, Educative Presentations to the community, elaboration of Nutritional brochures, informational guides and a Gastro-recipe book; offering all these information through different via such as newspapers, radio and TV. We consider that this is an opportunity to educate and thus generate changes in health habits of the person, with the help of a gastroenterologist to his/her community. For more information please visit: www.ovegastro.com

For a full overview of national WDHD activities please visit our Events Calendar:

» [Public events in honour of WDHD](#)



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UEGW/WCOG, London

Sign up for the free
Gastro 2009 mailing list.
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housing and registration information.

This e-newsletter promotes the activities of the WGO.

Contact: Bridget Barbieri, WGO Executive Secretariat,
Medconnect GmbH, Bruennsteinstr. 10, 81541 Munich, Germany

Tel: +49-89-4141 92 40 Fax: +49-89-4141 92 45 Email: info@worldgastroenterology.org