



Nutrition in Digestive Health: A Review of Current and Emerging Issues for the Gastroenterologist Draft Program

(Each presentation 20 minutes, each speaker introduced by the Chair who will also ask each speaker 2-3 questions at the end.

Each speaker to also provide a one minute summary for the lay public of their presentation.)

Chair: Eamonn M M Quigley MD, President WGO

Introduction and Overview

Eamonn M M Quigley (10 minutes)

- What is WGO?
- What is WDHD?
- Why nutrition?
- Learning objectives of today's programme

Why are nutrition and the assessment of nutritional status important to the gastroenterologist?

Dr Jon L Shaffer, Director, Intestinal Failure Unit, Hope Hospital and University of Manchester, Salford UK (20 minutes)

- What are the consequences of malnutrition?
- What are the common causes of malnutrition in the adult gastro patient?
- How can malnutrition be best recognised clinically and by the laboratory?

Nutritional management of the gastroenterological patient; when, what and how?

Dr Jon L Shaffer, Director, Intestinal failure Unit, Hope Hospital and University of Manchester, Salford UK (20 minutes)

- When is nutritional support indicated?
- What route should be employed and when?
- What supplement should be provided?
- What are the risks and benefits?

Nutrition and healthy bones; an important issue for the gastroenterologist!

Professor Kevin Cashman, Professor of Food and Health, National University of Ireland, Cork, Ireland (20 minutes)

- Which GI patients are at risk?
- How can risk and osteopenia be best assessed
- Prevention
- Management

The functional food revolution; the roles of probiotics and prebiotics in gastroenterology

Professor Francisco Guarner, Hospital Val d'Hebron, Barcelona, Spain (20 minutes)

- Role of the intestinal flora (microbiota) in health and disease
- What are functional foods, probiotics and prebiotic?
- Distinguishing good products from hype
- Role of probiotics in digestive health
- Indications for probiotics and prebiotics in gastrointestinal disorders

Obesity and the gastroenterologist

Professor Eamonn M M Quigley, Professor of Medicine and Human Physiology, Alimentary Pharmabiotic Centre, National University of Ireland, Cork, Ireland (20 minutes)

- The problem and current approaches
- Obesity and GI disease
- Gastroenterological assessment of the obese patient
- Gastroenterological issues in the bariatric surgery patient

Food allergy; separating fact from fiction

Professor Jonathan Hourihane, Professor of Paediatrics, National University of Ireland, Cork, Ireland (20 minutes)

- What is food allergy?
- What are the clinical manifestations of food allergy and what are not?
- Prevention and management