

**Spring 2019**

**gUTS  
UK!**



**The charity for the digestive system**

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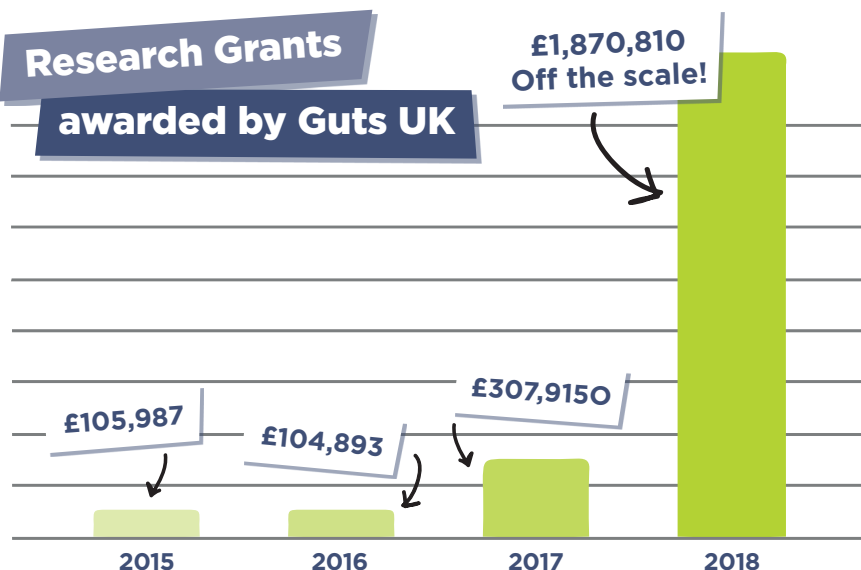
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## What a difference YOU make

With the help of the donations from our supporters over previous years, we have been able to compile a team of dedicated and passionate experts who have been working tirelessly to obtain crucial grants that will fund current and future research across the UK.

### Research Grants

### awarded by Guts UK



Total income for Guts UK charity in 2018 was £1.04 million and expenditure £1.3 million, representing a further year of investment into the growing Guts UK research programme.

Full details of the latest audited Guts UK accounts are filed on the Charity Commission website.

# Guts at a Glance

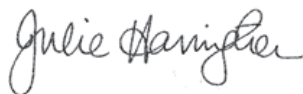
## Welcome to our Spring 2019 newsletter

Whether you're already one of our loyal supporters or it's your first time hearing from us, we hope you enjoy the read, learning more about our guts and discovering a plethora of inspiring and moving stories.

At Guts UK, our vision is to live in a world where digestive disorders are better understood, better treated and everyone who lives with one gets the support they need. We listen, help and fund critical research that will improve the lives of people suffering from digestive diseases. Nobody can truly appreciate the devastating impact that these diseases can have on families unless they have experienced them first hand, so we aim to understand more about their causes to give us a fighting chance to eradicate them forever.

2019 is set to be our best year yet, with fresh faces joining our growing team, ground-breaking research taking place every day across the nation and new ideas readily flowing.

As always, I'd also like to take this opportunity to thank everyone for their support and fundraising efforts. Your hard work and commitment to our cause enables us to continue our crucial work at Guts UK and together, we can do **incredible** things...



Julie Harrington, CEO of Guts UK Charity



GUTS AT A GLANCE

## Don't be a stranger!

We love to hear from you, it's the best part of our job. Whether you have a story to share, a fundraising mission we can help you with or just need to speak with someone, get in touch with us today:

Registered Charity Number: 1137029



London: 020 7486 0341

Yorkshire: 01484 483 123



[info@gutscharity.org.uk](mailto:info@gutscharity.org.uk)



[www.gutscharity.org.uk](http://www.gutscharity.org.uk)

# Pancreatitis:

# Guts UK Leads The Way

Since the 1980s, we have funded the **only** research fellowship in the UK into pancreatitis. Recently, we began to raise much-needed awareness. Pancreatitis happens when the pancreas suddenly becomes inflamed and can have severe symptoms, such as nausea, extreme pain, and in some cases, organ failure. It is described by health professionals as one of the most painful conditions both for the patient and family observing.

We aimed to collect thirty stories, one for each day of November, but we ended up with many more as people who had never heard of us before were inspired to share their own story.

Most people don't even know where the pancreas is; let alone what it's there for. Guts UK created the Kranky Panky campaign so that we could raise awareness of pancreatitis, and ensure that no one suffers alone. The response was huge: together, the Kranky Panky community raised its voice to be heard, and the public listened.

“Normal” people got to see such powerful stories and from seeing this, they have learnt more about pancreatitis and how it affects every part of a patient’s life.”

“The Kranky Panky campaign made me feel empowered and supported... it was nice for all of us to share and hear other peoples’ stories and journeys.”



## What's new for 2019?

In 2019, we're aiming higher. We're going to raise the banner for pancreatitis with even more individual stories. We want to **launch video stories**. We're teaming up with Pancreatic Cancer Action to plan some fun and engaging public awareness events.

Want to get involved with the Kranky Panky community? Do you have a story to share? Get in touch with us at [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) or phone **01484 483123**.

Acute pancreatitis affects some 30,000 people every year across the UK. Since 1981 the Guts UK Amelie Waring Fellowship has helped to gain a better understanding of the disease.

This year, we awarded the fellowship to **Mr James O'Kelly**, who will explore potential new treatments for acute pancreatitis. Presently, there is no cure. It's early days, but this investigation already has great potential.

If you're affected by pancreatitis, look at our tips and hints on our website. We also have a link to the new NICE guidelines on pancreatitis.



# Preventing Bowel Cancer



Guts UK has teamed up with the Parabola Foundation to award a £1,250,000 grant to an ambitious five year study. The study, based at the University of Newcastle, aims to develop a better way to identify people at high risk of bowel cancer.

In the UK every day 113 people are diagnosed with bowel cancer and 44 people die from it. Many of these cancers and deaths could potentially be prevented. We know that lifestyle factors, such as poor diet and lack of exercise increase the risk of bowel cancer. Most bowel cancers

develop from growths in the bowel known as polyps (adenomas). We have effective screening tools that can detect polyps and early bowel cancers before symptoms appear. However, screening programmes in the UK **only** consider age, and not other risk factors such as lifestyle or family history.



Professor Colin Rees and his collaborators started the COLO-COHORT study to determine which other factors are helpful to identify patients most at risk bowel cancer. The factors that will be investigated include a patient's lifestyle, medical history, family history, symptoms, and the results of blood and stool tests. The most informative factors will be combined into a prediction model to estimate the level of risk of developing polyps or bowel cancer for individual patients. Patients most at risk could be followed more closely, while those at much lower risk could be monitored in a less intrusive way.

The COLO-COHORT study will also explore a promising new factor: gut bacteria. The team will examine whether gut bacteria is different in patients with and without polyps or bowel cancer. If they identify useful differences, gut bacteria could then be incorporated into future prediction models as another risk factor.

**Editor's note:** No, Colin the Colon is not named after Professor Colin Rees... even if he likes to think so!



For more information  
on this study visit  
[www.gutscharity.org.uk](http://www.gutscharity.org.uk)



One way to encourage more research into digestive diseases is to award small grants to support bright new ideas or to help early projects along. Guts UK plays a pivotal role this way and we are therefore keen to continue awarding these grants. Our Guts UK Development Awards are up to £50,000 and our trainee awards in partnership with the British Society of Gastroenterology are up to £5,000.



We awarded £33,011 to Dr Varinder Athwal at the University of Manchester, to investigate how the liver becomes progressively more damaged (fibrosis) in a condition called cystic fibrosis.



One grant, for £5,000, went to Dr Suneil Raju at the Sheffield Teaching Hospitals NHS Trust, to review how patients with microscopic colitis (a type of Inflammatory Bowel Disease) are diagnosed and treated.

The second grant, for £4,000, went to Dr Michael Fitzpatrick from the University of Oxford and his network of collaborators, to investigate the effect that diet, nutritional status, and body composition have on a type of treatment (biologic therapy) in Inflammatory Bowel Disease.



## In 2018, we granted three Development Awards

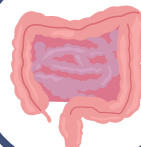
## We also granted three Guts UK Trainee Doctor Awards

£49,797 went to Dr Marc-Emmanuel Dumas at Imperial College London, to explore the role of gut bacteria in non-alcoholic fatty liver disease.



Our third award of £26,100 went to Dr Gwo-tzer Ho at the University of Edinburgh, to develop an innovative treatment to resolve inflammation in Inflammatory Bowel Disease.

The third grant, for £4,995, went to Dr Polychronis Pavlidis from King's College London and his network of collaborators, to audit the quality of care that adults with Inflammatory Bowel Disease receive when they move to a different hospital.



## Stop press!

In 2019, Guts UK plans to grant seven Development Awards. We need **your** help to keep our research programme going. Please consider a regular gift to Guts UK to play a part in our future research. Go online to donate or set up a regular gift with a standing order form or direct debit. If you are not online, you can request this via phone or post with a standing order or direct debit form.

## Paul's Story

Last summer, Paul completed the Prudential Ride London 100 in memory of his father-in-law, Keith. After experiencing severe stomach pains, Keith was admitted to hospital and diagnosed with stomach cancer. He sadly passed only five weeks and six days later in 2016.

"I have only been cycling a short five years, and I owe it all to my father-in-law, Keith Joscelyne. My cycling career started very reluctantly when Keith wanted to do a sporting event with his two son-in-laws. Little did I know then that I would fall in love with the sport. Everybody who knows us, knows that Keith and I have ridden the Prudential 100 for charities in the past. It is even more special to cycle in Ride London now as this charity raises awareness for stomach cancer. Last year was the first year that was close to my heart"

Paul will be cycling for Guts UK again on 4th August 2019 in memory of Keith who has inspired him to continue his passion for cycling.



## Will you join Paul in Team Guts UK?

Sign up to cycle for Guts UK in 2019's Ride London 100:  
**be part of the fight to find answers and treatments for  
digestive conditions of the gut, liver and pancreas.**

Email [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) or phone  
**01484 483123** to secure your place.





# Again to Fund Research

Keith's wife and daughters are pictured here during their visit to Westminster last September to talk directly with MPs about their story.

As a founding member of The Less Survivable Cancers Taskforce, Guts UK welcomes the NHS Long Term Plan to improve earlier diagnosis of cancer. However, we will continue to fight for the less survivable cancers so that the collective five year survival rate reaches 28% by 2029.



**No one should be written off.  
Every cancer patient should be given the best chance possible.**

## The taskforce is made up of the following charities:



Guts UK actively seeks to fund research into less survivable cancers. We are delighted to team up with Olympus UK once again to co-fund a fellowship on disorders of the oesophagus (gullet).

## Olympus/Guts UK Endoscopy Fellowship



This fellowship focuses on two conditions that affect the oesophagus: gastroesophageal reflux disease (acid reflux) and Barrett's Oesophagus (BE). BE is a precancerous condition that can develop in those with persistent acid reflux and that needs to be monitored; this is currently done with regular endoscopy. We are thrilled to award this to **Dr Sara Jamel**, a trainee surgeon based at Imperial College London, who begins work in April 2019.

Dr Jamel will use a breath test to identify which patients with Barrett's Oesophagus are more at risk of developing cancer and prioritising those for endoscopy. Those who are at low risk could be spared this uncomfortable procedure.

PATIENT STORIES

# Fibre: for Everyone?



Have you been asked to eat more fibre to help with constipation? Or to cut some of it out if you are following a special diet for IBS? Or to eat it regularly but avoid it when you get symptoms if you have diverticular disease? Confused? Probably!

Fibre is both simple and quite complicated. At a basic level you know that fibre is a part of some foods (fruits, vegetables, grains, beans, nuts, seeds) that your gut does not digest and therefore ends up in your stools. It can make your stools bigger and softer and sometimes also looser. It can produce gas. You might have heard that the bacteria in your gut can digest fibre and that generally this is a good thing. You might have also read somewhere that there are different types of fibre and that these different types can all affect your gut differently.

Most of us need to eat more fibre, obtained from a wide variety of foods and preferably

unprocessed. People who consume more fibre are less prone to diseases of the heart and circulation, Type 2 diabetes and bowel cancer. However, people who suffer from digestive diseases can have a tricky relationship with fibre. Some people limit foods high in fibre or avoid particular foods altogether. Dietary fibre is essential for good health and can also help manage symptoms in some digestive disorders. Knowing which foods to eat to manipulate the amount and type of fibre in our diets can be complex, but it is worth a bit of trial and error to explore what our guts and digestive conditions tolerate.

## Our Personal Plumbing System

The gut is sometimes compared to a plumbing system: a long and twisting pipe with valves and fittings leading to fixtures. Your mouth chews food like a high-end food waste disposer and gulps it down into your oesophagus, or food pipe. Your stomach then adds liquid to help break down food, and churns it, not unlike a washing machine—though admittedly you might not want your clothes treated quite like that. Food moves forward in this journey through your gut until it eventually comes out at the other end, looking much changed. On its way, it gets broken down by secretions from the liver and pancreas, and set upon by hordes of bacteria that live in your large bowel. Every one of these steps in the digestion of your food is important for health.

An electric wiring network (your nervous system), a maintenance and delivery network (your blood circulation system) and a safety mechanism (your immune system) add complexity to your digestive system. They also make it possible for your gut to interact safely and effectively with the rest of your body. Unfortunately, things can go wrong along many of these stages and connections. There are hundreds of digestive diseases and conditions, some well known, some less well understood. Research is constantly making progress in our understanding of what exactly has broken down for each of these gut problems. In the meantime, we can help ourselves by maintaining our internal systems as healthy and looked after as possible.



**More information about lifestyle, hints and tips, as**

# The Gut: A Unique Ecosystem?

The importance of the gut in human health and disease has been acknowledged for hundreds, probably thousands, of years. The specific role of gut bacteria is a more recent discovery but it is proving to be of historic importance.

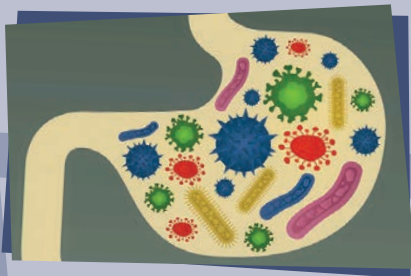
Studies have shown that bacteria living in our gut are closely involved with our health. Initially, researchers thought bacteria were either good guys that help us or bad guys that cause disease. It now seems as though the bacteria that live in our guts form a dynamic and complex ecosystem. Gut bacteria have been compared to the insects and worms that live in a rainforest and break down leaves and logs, releasing nutrients into the soil that would be otherwise unavailable. Likewise, for example, gut bacteria break down fibre from our food into useful molecules called fatty acids. These feed the cells that make up the lining of our gut and can also be turned into fats and sugars by our liver to store as sources of energy for our body.

Researchers are also realising that the impact of gut bacteria reaches beyond the gut and has an effect on our immune system, possibly on our mental health. Gut bacteria are associated not only with conditions such as inflammatory bowel disease and diarrhoea, but also with obesity, diabetes and cancer.

Gut bacteria have complex interactions not just with us but between themselves. They collaborate, but also fight for space and resources. It seems good health is linked to keeping a precious balance in this bacterial world: a healthy gut ecosystem. However, what exactly this ecosystem looks like has been harder to pinpoint. It seems that the numbers, types and combinations of bacteria species are hugely variable from

person to person, and may even be unique to each individual.

One way scientists have cut through the complexity is to ask what “jobs” the ecosystem as a whole is performing, rather than focusing on individual species. So, for example, is the ecosystem digesting dietary fibre into fatty acids, and if so, which fatty acids is it making? This has revealed that although people might not share the same collection of bacterial species, there is a “core” set of functions found in all healthy people, in the same way that a body organ, such as the liver, has a set of functions it performs.



It is becoming increasingly clear that having a large variety of bacteria species, or “biodiversity”, in the gut is important and losing this might be involved in a range of diseases. The most obvious example of this is a crippling and potentially fatal diarrhoeal illness

caused by bacteria called *Clostridioides difficile* (*C. difficile*). *C. difficile* normally lives harmlessly in the gut, where its growth is kept in check by other gut bacteria. The disease often strikes hospital patients who have had strong doses of antibiotics that wipe out vast numbers of gut bacteria. This decimates the biodiversity of the gut bacteria and gives *C. difficile* the chance to grow and spread, like a virulent weed after a forest wildfire.

So, like conservationists trying to reintroduce plants and animals into a damaged rainforest, researchers are looking for ways to restore the normal balance of species in patients’ guts. Probiotics, preparations of live bacteria, are one possible way, but their effect is temporary. Researchers are also exploring a more outlandish approach: faecal transplants!

Watch this space for further developments.

## Patient Story:

# Cliff and Autoimmune Hepatitis



My condition is called autoimmune hepatitis. The doctors think I've been suffering from it for more than 20 years without any outward signs.

I had been feeling under the weather for around two months and was gaining weight for no reason. I was always tired, sleeping for 12 hours or more, and had no energy. I even lost my sense of smell and taste. My appetite completely went; I could only consume protein shakes. My abdomen was swollen, tender to touch, and I could only sleep on my back sitting up.

**I woke up on 8th October 2012 with jaundice. I looked like Homer Simpson.**

I saw my doctor the next day, who thought I had gallstones and referred me to hospital.

The general surgeon ordered blood tests and an ultrasound scan, which showed elevated levels and cirrhosis of the liver.

My wife had been made redundant in September 2012 but was fortunate to secure a new job in London. Our eldest son was living in Camden so she stayed in his spare bedroom during the week and returned to Wrexham at weekends. Because of my wife's new job, and my retail shop not performing well, I tried to keep my feeling unwell under covers. I think it's a male thing, we are supposed to be strong at all times.

I have a high pain tolerance and was able to hide the true extent of my illness. I didn't tell my wife I had been diagnosed with cirrhosis as I wrongly thought only alcoholics can get this. I was only a social drinker anyway.

**When my friends first saw me, they joked saying I had fallen asleep on a sun bed.**

Over Christmas, we were all back together in London. After struggling the whole day in a coffee shop while my family were on Oxford Street, that night I ended up in agony. I spent 3 hours in the bathroom and the pain was getting worse all the time. It felt like my stomach wanted to explode out. I said it was like the film, Alien.

We went to the walk-in clinic and I was ushered to the front of the queue by the other patients. I must have looked terrible.

The doctor was shocked at my condition and said we needed to get a taxi

immediately and go to hospital. I had drips, needles, doctors and professors looking after me. I had high liver function tests, varices, ascites, oedema and possible hepatic encephalopathy (H.E.) - that's when advanced liver dysfunction can cause unconsciousness and comas.

Things were rushing by in a haze; I was confused and concerned for my family. I thought I was going to die. On 31st December I was informed by a liver transplant co-ordinator that she was going to prepare me for further tests and that I might need a liver transplant if things didn't improve. A short while later I met my wife when she came to visit. I basically cried from shock, I didn't know what to do or think.

Things did improve. I went to hospital every week, then every other week, then every month for blood tests. Now, I get checked with blood tests and ultrasound scans every 6 months. I was on Prednisolone for 3.5 years and only suffered a "flare" once in 2014. Now, I take azathioprine and have 6 month blood tests with ultrasound scans. I'm still a bus driver and I won a Gold Award at the 2016 UK Bus Awards for my risk assessment maps.

My liver is severely damaged, but not so much that I can't work. I refuse to be beaten by autoimmune hepatitis. I think it's my positive outlook on life that continues to make me strive for improvements.



*Cliff receiving his UK Bus Award in 2016*



# The Vitality Big Half 2019



On Sunday 10th March, Guts UK runners took their chances in 60mph winds to run 13.1 miles across London for The Vitality Big Half. It was no easy task, but all runners completed the race.

On our cover you can see best friends Jessica and Kristina with their families. They'd never attempted running before, but after the Kranky Panky campaign last November, they went into training. Jessica has suffered from various digestive conditions since she was 16, and wanted to fundraise for Guts UK now that she is on the road to full recovery. You can read her story on our website. Both completed the race in just over 2 hours, crossing the finishing line together.

Derek Smith (pictured on Tower Bridge) has signed himself to do not 1, not 2, but 3 marathons! The Vitality Big Half was his warm up, and you can catch Derek running the Manchester, Brighton and Berlin Marathons throughout the year. Run Derek, run!

Rebecca and Sarah Chappell ran in memory of father and husband, David, who died from pancreatitis.



**Congratulations to all our runners:  
you raised a huge £7,613.00**



**Does this inspire you to tie your shoelaces and start running?**

Get active for Guts UK with any running or cycling event of your choice and we can support you all the way to the finish line. Email [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) or phone 01484 483123 for more information.



# The Guts and The Glory: YOU make it all possible

On behalf of all those who benefit from the research you have funded, we thank you.

We've had some absolutely incredible fundraising ideas come our way from all of you, and we're so thrilled that you're taking it literally to new depths, heights and distances. Take a look...

## #GutsToGoFurther

In January, Andrew Durbridge woke up at 4am every day for 10 days. Why? To swim the equivalent of the English Channel! He raised a whopping £2,108. Thank you, Andrew.

Lisa Kennedy is walking the 100km Jurassic Coast in June for Guts UK, having recently lost her mum-in-law to pancreatitis. She hopes to raise awareness of pancreatitis and Guts UK in the process. Keep going Lisa!



## #GutsToGoHigher

Chloe Adams, a dietitian based in Birmingham, has self-funded a trip to Peru to climb Machu Picchu in May. While the scenery will undoubtedly be gorgeous, the hike is no walk in the park. Chloe is hoping to raise as much as she can for Guts UK in preparation for this 11-day trek.

Can we hide in your backpack please?



## #GutsToGoBeardless

Jack wanted to raise money for Guts UK after his mum passed away from pancreatitis last year, so decided to do a sponsored beard shave!

## #GutsToGoStronger

Last year, Hayley lost her mum to stomach cancer. She wanted to do something in honour of her mother and her fight with cancer, so she decided to enter herself in a charity boxing match. Hayley raised a huge £2,107, and had an experience of a lifetime. This year, Hayley is gearing up to do a skydive... more news coming soon.



Fundraising can be as simple as pushing a button. On Facebook, you can create a Fundraiser for any celebration or event in support of Guts UK. Simply click our Facebook Donate button and share with family and friends to get going.

Let's make 2019 the year of #GutsToGo. Whatever you have: whether that's a bucket list, a brilliant skill, or a beard; do it for Guts UK. Get in touch with us at [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) or phone 01484 483123.

# Fancy Getting Involved at Work?

DISCO Balls, a rugby 7s and netball team, based in Haywards Heath have made us their Charity of the Year! Sam Galbraith, DISCO Balls rugby player, found out about Guts UK through the Kranky Panky campaign last November. As someone who's suffered from acute pancreatitis, Sam was chuffed to see our work around the area.

We're excited to show you what DISCO Balls will get up to this year, so stay tuned.



Could you and your colleagues do something similar? Why not set yourselves a team-building challenge in support of Guts UK? Or attempt a Guts and Glory 'pub' quiz?

Email [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) or phone **01484 483123** to find out more.



Team Specsavers in Coalville are gearing up to a skydive in September this year. Team colleague Pooja sadly lost her husband Raks to pancreatitis last year, so her colleagues decided that, in 2019, they would fundraise for Guts UK. They've already held a raffle, and will be doing something completely different each month. They've even lined up a sponsored leg wax (ouch!).



Team ME Engineers ran The Vitality Big Half Marathon on Sunday 10th March for Guts UK after Andrew's mum passed away from complications from diverticulitis last summer. All six colleagues did brilliantly and raised over £3,000 after ME Engineers **matched** all the runners' hard work.



# Guts for Life

**Thank you to all those who honoured their loved ones by donating to Guts UK**

**Andrew Baxter**

**Hilda Annie Barrow**

**Patricia Husnu**

**Andy Hone**

**Mrs I E Stuart**

**Peter and Charlotte Wilkinson's son, David**

**Mr David Carter**

**Kate Lane**

**Rakesh Parmar**

**Edward Alfred Woods**

**Ms Kay Savage's dad**

**Richard Moir's wife, Karen**

**Elaine Roughley**

**Linda June Dyson**

**Simon Marchant-Jones**

**Elizabeth Helen Riach (Betty)**

**Mark Fillery**

**Mr T R Wilson**

**Ellis Thorpe**

**Mary Ann Cuthill Hunt**

**Mrs Valerie Chilver's husband, Barry**

**Fraser Kinnley**

**Michael Edward Flavell**

**Grace Smith**

**Paulette Ann Lond**

**Vic Randall**

**Pauline Gething's friend**

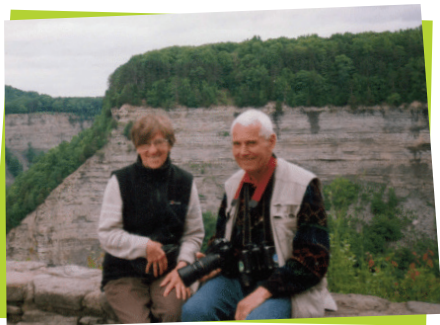
We have gift envelopes that can be used for collections, events and memorial services. They enable donations of cash, cheque and by card including Gift Aid. To order yours, email [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) or phone **01484 483123**.

## Spreading the Joy

Manon and Gruffyd celebrated their marriage in the most meaningful and unique way: by turning Guts UK trolley tokens into wedding favours. The gorgeous couple chose to thank their guests by raising awareness of this charity. Thank you Manon and Gruffyd. Get in touch with us at [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) or by phoning **01484 483123**.



## Margaret's Legacy to Guts UK



After reading about Guts UK's research prizes focusing on the liver, Margaret was prompted to contact us and tell us about her legacy plans. Her husband, Jack, needed a liver transplant after he contracted Weil's disease as a keen canoeist. This is a bacterial condition that is carried through animals, normally rats, and can be caught through contaminated fresh water. Jack was lucky enough to receive a transplant and lived a happy life into retirement. Margaret's legacy will ensure that she and Jack are part of future research into the liver.

## How can we fight digestive diseases into the future?

“So many people suffer so much, it makes their lives miserable. The more research, the better it will be for everybody. For our kids; our grandkids. Isn't this what it's all about? Learning now for the future?”

We desperately need more research. Guts UK is the only charity covering all areas of the digestive system - the gut, liver and pancreas. We all have guts, and some are fortunate enough to be able to take their guts for granted. *But millions of us just can't.*

Legacies play a crucial role in funding our research programme and we wish to acknowledge the following people for remembering Guts UK with a gift in their will:

**Mr Edward Horton**

**Mr Edward Frith**

A gift in your will can help Guts UK achieve its vision of a world where digestive disorders are better understood, better treated and everyone who lives with one gets the support they need.



Please leave a legacy and be a part of breakthrough research that will bring new treatments and hope to future generations affected by digestive diseases. Thank you.



# Donate to Guts UK

Simply put, we can't do any of this without you. You are behind all our research. Together we can do more.

Making a regular gift is a special way to join us on the journey of discovery. You can donate online via our website or via post. To set up a regular gift in the post, you need to complete a standing order form or direct debit- simply request this via phone or post.

You can set up a one-off donation online via our website or via post following the above method. You can now also text **GUTS** to **70085** with your chosen donation amount.

## THANK YOU FOR CHOOSING TO DONATE TO GUTS UK

Your donation will help Guts UK achieve its vision of a world where digestive disorders are better understood, better treated and everyone who lives with one gets the support they need. Join us and be a part of much needed research that will bring new treatments and hope to people affected by digestive disease.

✓ instantly donations will help us drive our research by helping more people make funding

✓ you can donate online

✓ you can donate by post

✓ you can donate by direct debit

FUNDING RESEARCH INTO DIGESTIVE DISEASES OF THE GUT, LIVER AND PANCREAS



## HOW

## CAN

Join Team Guts UK in

## Prudential's Ride London

on 4th August 2019

Our Team Guts UK is gearing up to cycle its way through London and Surrey later this year in search of much-needed answers.

Join us for one of the most exciting cycling events in the world, as we ride for a better future for all those affected by diseases of the gut, liver and pancreas. Together, we can ensure that no-one with digestive disorders suffers in silence.







## Fundraise for us

Make 2019 your year of #GutsToGo. We've had some cracking fundraisers already, and we can't wait to see what sort of ideas you all come up with. Choose your challenge. We've got people hiking Machu Picchu, running the Saharan Ultra Marathon and trekking the Jurassic Coast. Join the likes of Lisa, walking 100km to raise awareness and help fund research to find answers for pancreatitis sufferers. Take on a personal challenge like Jack and Derek. Celebrate any event in the most special way: for Guts UK.

Whatever your skill, put it to good use for Guts UK. We're with you all the way. So do get in touch with us.

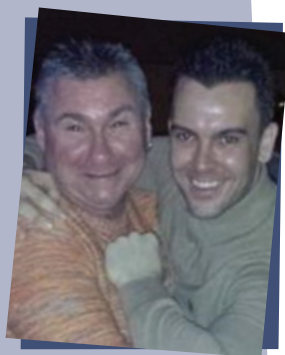
## YOU

## HELP

## Share your story



Do you have a story to share? Individual stories from patients and loved ones are a very powerful way to enlighten others about digestive conditions and their impact. If you have a personal experience that you would like to share, please get in touch with us.



## We're just a phone call away

### Yorkshire office:



Guts UK  
The Media Centre  
7 Northumberland St  
Huddersfield  
HD1 1RL



01484 483123

### London office:



Guts UK  
3 St Andrew's Place  
London  
NW1 4LB



020 7486 0341

If you'd prefer, get in touch with us over email on [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) and we will reply to your message as soon as we can.

You can also write to us at either of the addresses provided.

# THE CHARITY FOR THE DIGESTIVE SYSTEM

## EXPERT PATIENT INFORMATION PRINTED LEAFLET RANGE

- Acute Diarrhoea
- Barrett's Oesophagus
- Bowel Cancer
- Chronic Intestinal Pseudo-Obstruction
- Coeliac Disease
- Constipation
- Crohn's Disease
- Diverticular Disease
- Healthy Eating & The Digestive System
- Heartburn and Reflux
- Helicobacter Pylori
- Indigestion
- Irritable Bowel Syndrome (IBS)
- Pelvic Radiation Disease
- Polyps in the Bowel
- Ulcerative Colitis



Much more information on other conditions, health and lifestyle tips can be found at [www.gutscharity.org.uk](http://www.gutscharity.org.uk) | [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk) 0207 486 0341

Hard copies of the printed leaflets are available free of charge on request, which we can send in the post for you.

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