

Autumn/Winter 2020

**gUTS
UK!**



The charity for the digestive system

We're getting to grips with guts!

Ethan and his friends took on the three peaks challenge. They climbed the highest mountains in England, Scotland & Wales in memory of Ethan's mum Mary, who passed away due to stomach cancer. The incredible team raised over £2,000 for Guts UK - thank you!

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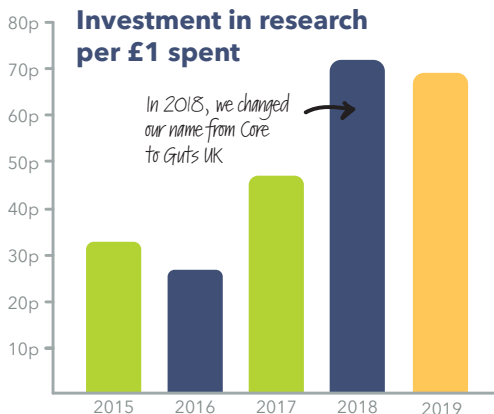
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How we use YOUR donations to change & save lives

Guts UK has three charitable objectives:

1. Provide expert information to patients
2. Raise awareness of digestive health
3. Fund research into the digestive system from top to tail; the gut, liver and pancreas

At Guts UK, we are dedicated to research. Almost 69p per pound spent in 2019 funded research into diseases of the gut, liver and pancreas.



How the remaining 31p was spent:

- **Providing crucial information to patients:** Information is power! Armed with information, patients can take control of their health and make informed decisions.
- **Public awareness:** Raising awareness of gut health and digestive diseases is crucial. 58% of people with a digestive condition are embarrassed about their condition/symptoms, and 51% of people delay seeking advice for their symptoms for over six months. When the Guts UK roadshow comes to town, we empower people to seek help.
- **Governance & cost of generating income**



Detailed audited accounts for Guts UK charity can be found on our website or www.charitycommission.gov.uk

It's time to get to grips with guts

Welcome to our Autumn / Winter 2020 magazine

Although Covid-19 put a halt to all of our fundraising events, prevented Colin the Inflatable Colon from leaving his box and stopped us from hitting the road – we remain thankful.

2020 has been an uncertain year for everyone. Unsurprisingly, our fundraising income has taken a real hit and we have felt the devastating effects of a global pandemic, as so many have.

At Guts UK, we have been answering more calls, writing more letters and responding to more emails than ever before. Digestive diseases didn't stop for Covid-19 and at a time when our community needed our help more than ever, we are proud to still be here for them.



It is your support that has kept us on track through these turbulent months

Reading on, you'll discover how our community stepped up and offered phenomenal support, innovative virtual fundraising and heart-warming words of encouragement. Inside, you'll meet our researchers, discover our updated information and read powerful real-life stories.

The reality still stands. Our guts have been underfunded, understaffed and undervalued for decades. We simply can't afford to slow down research into digestive diseases. Not for Covid-19. Not now, not ever.

Let's get to grips with guts and save lives.

Team Guts UK



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:



@GutsCharityUK



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London: 020 7486 0341

Yorkshire: 01484 483 123



info@gutscharity.org.uk



www.gutscharity.org.uk



What is

Irritable Bowel Syndrome (IBS)?

IBS is a very common digestive disorder affecting nearly 1 in 20 of the UK population, which is around 3.2 million individuals. With this in mind, you'll probably know multiple people with IBS!

What are the symptoms?

IBS is a disorder in the gut-brain axis (the way the gut and the brain communicate with one another). The symptoms are abdominal pain or discomfort, diarrhoea, constipation or a mixture of both. Approximately one third of those with IBS suffer from bouts of constipation, one third suffer from bouts of diarrhoea and most other people don't fall into a single pattern. Other symptoms include bloating and urgency. IBS affects more women than men, affecting all ethnicities.

What treatment is available?

Treatments are very individual, as they vary depending on symptoms. They can include medications, diet and lifestyle factors. It's important to work alongside your doctor on what treatments you would like to try. But remember, IBS symptoms are individual, so what works for one person might not always work for another. The most important factor is to learn as much as you can about what is available to try.

Alarm Symptoms

These symptoms are not usually associated with IBS but may be associated with other diseases. If you experience any of these you should see your doctor as soon as possible, even if you have already been diagnosed with IBS and are finding symptoms have changed:

- A persistent change of bowel habit for 4 weeks or longer, especially if you are over the age of 40
- Passing blood from the back passage
- Unintentional weight loss of more than 2kg (4 pounds) over a short period of time.
- Diarrhoea waking you from sleep
- Fever

The need to see a doctor is especially important if there is a family history of bowel disease (such as cancer, colitis or Crohn's disease).

Busting the Myths

IBS is all in your head!

No, this is not true. Symptoms are very real and can be distressing. The gut and brain are a two-way communication system that 'talk' to each other very often. Examples of this are feeling hungry – gut talking to brain, or feeling butterflies in the stomach, brain talking to gut. These are normal communications. However sometimes these two organs overshare information and because people with IBS have an overly sensitive gut (visceral hypersensitivity) this can result in symptoms.

Information is power

“My name is Ray and I found Guts UK whilst I was researching my IBS symptoms online.

Over the past two years, I have experienced symptoms of IBS. After I eat, sometimes I feel a real discomfort – it's as though I can feel spasms as my food travels through my digestive system. I can also struggle with indigestion and constipation too.

I only recently decided to speak with my doctor, who agreed that my symptoms seemed consistent with IBS and thankfully together, we've managed to stabilise my symptoms (with mebeverine hydrochloride). It was disheartening though, as IBS didn't seem to be my doctor's priority. But the symptoms I was experiencing were making my day-to-day really difficult – so it was certainly my priority.

Upon my researching, I found Guts UK and decided to call them to find out more. I spoke to a lady called Julie. I explained my situation, Julie asked me further questions and offered her guidance and experience, which has really given me confidence for when I come to speaking with my doctor again.

Most importantly, Julie gave me her time and didn't rush me. I'm extremely grateful for her truly listening to me and I finally feel like I'm on the right track.”



Ray

New & Updated: Diverticular Disease



Julie Thompson,
Information Manager at Guts UK

“We are delighted to have brand new and updated information on diverticular disease and diverticulitis, following your kind feedback and new guidelines that were released earlier in the year.

New changes include more graphics and imagery, showing exactly what diverticular disease really looks like. We've also added much more information on diet and diverticular disease, which we hope should make it much simpler for you to navigate your diet.

We'd love to hear your thoughts about our new information, so please don't hesitate to contact us with your feedback. Visit our website to see the latest version of diverticular disease or contact us to request a printed copy in the post.”

We can only continue to help people like Ray and produce expert information with your support. Information truly is power. Together, we can reach those who need our information most, and change lives.



Dr Marnix Jansen

NEW:

Guts UK Funded Research into stomach cancer

Team Guts UK are delighted to announce a brand new project to be led by Dr. Marnix Jansen and his team at University College Hospital London, who have been awarded £49,560 for research into stomach cancer.

Why are Guts UK funding stomach cancer research?

Stomach cancer is one of the deadliest cancers. Very little cancer research spending has been dedicated to stomach cancer, like all cancers of the digestive system. They have been underfunded for decades. This is why four of the six less survivable cancers are digestive (pancreatic, oesophageal, stomach and liver). Digestive cancers often don't present in the way that more widely recognised cancers do. When most of us think about cancer, we think about lumps, bumps and moles, tangible or visible symptoms. But the typical symptoms for stomach cancer are indigestion, abdominal pain and unexplained weight loss. This means that people are too often diagnosed when the cancer is more advanced and barely treatable.

Unfortunately, emergency presentation (like A&E hospital admission) is the most common route to diagnosing stomach cancer. Stomach cancer simply isn't diagnosed early enough to be treated successfully.

What is the main known cause of stomach cancer?

The main risk for developing stomach cancer is infection with a bacterium called *Helicobacter pylori* (*H. pylori*). More than a third of people in the UK have a long-term *H. pylori* infection. These

bacteria settle in the sticky mucus that lines the stomach, causing chronic inflammation of the stomach (gastritis).

In a very small amount of people, this inflammation leads to pre-cancerous cell changes and may develop into cancer. It's essential to know who is at high risk of these changes taking place, so we can diagnose stomach cancer earlier.

How are tests carried out currently?

At present, those at high risk of developing stomach cancer are invited for tests, where small samples of tissue (biopsies) are taken from the stomach lining. These samples are checked for changes that would indicate progression towards cancer. Some will then undergo regular tests in attempt to diagnose cancer at the earliest stage possible.

What will Dr Jansen's team explore?

The current method used to take these biopsies is inaccurate and unreliable. Dr Jansen and his team will explore how effective a new, more targeted approach would be by focussing attention on areas of the stomach lining with visible abnormalities. The team will then use cutting-edge techniques to begin understanding the changes in DNA that occur. The more we can understand about these DNA changes, the closer we come to finding a cure.

Fewer than 1 in 5 people diagnosed with stomach cancer will survive beyond five years after diagnosis. Guts UK wants to change this. This research could save lives, diagnosing stomach cancer early and giving people a fighting chance.

Guts UK's research has the capacity to save lives. Your donations make it possible. Help the UK get to grips with guts by donating to Guts UK today.

Tony's Story

Stomach cancer

This is Tony's story, as told by his wife Gill.



Gill & Tony on their wedding day

March 2018

My husband was 63, a fit, healthy, daily dog walker who had not been to see a doctor for at least 7 years. Tony suddenly began to get terrible indigestion that just wouldn't shift. He had never struggled with indigestion before, but he believed 'no-one should bother a doctor with something like indigestion', so he went to the chemist for medication and persevered.

May 2018

Two months on, I finally managed to get Tony to visit his GP. He was given further medication and had a few more doctors appointments, but this didn't work. Tony's doctor requested he be tested for *Helicobacter pylori* (*H. pylori*). Meanwhile, his indigestion, abdominal pain and feeling of always being full persisted.

Tony's *H. pylori* test came back as positive, but unfortunately no-one at our GP practice communicated this with us. Eventually though, Tony received the antibiotics he needed to eradicate the *H. pylori* and though he started to feel slightly better, he knew something still wasn't right.

Another doctor's appointment later, Tony was prescribed yet another medication for his indigestion and sent on his way. This time, Tony returned to the doctors for the second time in a month and was tested for prostate cancer, while we were left wondering "but what about his stomach?"

October 2018

Seven months on from his first symptoms, my husband was diagnosed with stomach cancer. Tony never drank much, he ate well and had never smoked. We were shocked, as we had expected to be told that Tony had a stomach ulcer.

It was a nightmare. An out of body experience, like when people are talking but you can't hear. Tony was told if he responded well to chemotherapy, his prognosis could be up to 18 months.

September 2019

We made the decision to marry and we went on a honeymoon, which was beautiful. We adored travelling together, and Tony remained positive and fairly well until October.

December 2019

Tony died, surrounded by people who loved and adored him.

I want Tony's story to be his legacy. Why don't healthcare professionals look at the worst potential outcome and work backwards? Early diagnosis is absolutely crucial for stomach cancer. I can only hope that with robust research conducted by charities like Guts UK, the UK can develop a robust screening programme for digestive cancers.

Nothing I can do now will bring Tony back, but early interventions and better pathways will literally save lives.

Please join me in supporting Guts UK by donating today. You can help prevent what happened to my Tony, happening to someone else.



Gill & Tony on holiday

Can drinking more than two cups of coffee per day prevent people from dying of liver diseases?

Deaths from liver disease represent 2 deaths in 100 people. Liver cancer (caused by liver disease) is the third most common cause of cancer deaths worldwide. Though the liver is able to regenerate and replace itself, it can become so damaged that the harm cannot be reversed. It plays a crucial role in our bodies, so it's important to look after it.

It has been known for some time that drinking coffee appears to provide some protection against liver disease, but a recent study explored whether drinking cups of coffee could actually reduce liver disease deaths.

The study reviewed coffee consumption and rates of liver disease deaths in countries around the world. It discovered that in countries where more than 2 cups of coffee were consumed, the numbers of deaths from liver disease averted could possibly be 7.8 per 100,000 people, in one year.

Whilst this study compared worldwide datasets and showed fewer deaths with increased coffee consumption, it does not suggest what the 'protective factor' is in coffee, or how long someone needs to drink it for them to gain a benefit. Further research is needed to see if drinking more than two cups of coffee a day in the UK results in a true reduction in the number of people dying from liver disease.

This interesting study will pave the way for further exciting research, which will aim to identify the exact component of coffee that our livers love, hoping to improve the available treatments for liver disease.



Nutrition & our guts!

Guts UK spoke with Dr. Alastair McKinlay, the new President of the British Society of Gastroenterology about nutrition and our digestive system.

Nutrition is fundamental to life and health.

Without food, we die. But the dietary choices we make and others make for us, from birth to grave, determine not only our lifespan but also our quality of life. So if nutrition is that important, why is relatively little fundamental research carried out?

Mainly because the interaction between diet, nutrition and disease is complex. The previous page about coffee and the liver is a good example. Despite a few scares over the years, there is little evidence that coffee causes any harm. Most studies suggest that in moderate amounts there may be benefits, but there are often confounding factors that can cause confusion. Nobody lives entirely on coffee, (even doctors!) It is always part of our more complex diet.

The big gains in health over the coming 50 years will be around our diet and its interaction with obesity and disease.



Dr. Alastair McKinlay

Progress is not going to come from one huge study, but from lots of studies chipping away at the problem. That is why research grants from Guts UK are so welcome.

Why do I still get excited about nutrition? It's the breadth of the subject, its complexity and the challenges that come with it. That is why it is so important to explain things clearly to the public. In the day and age of the internet, it's easier than ever to access false and incorrect information about diet, nutrition and digestive diseases. When we're told conflicting information from a variety of sources that all seem reliable, we understandably become confused. That's why it's more important than ever that charities like Guts UK exist, leading the way to provide evidence-based, expert information that is completely reliable.

I am married to a dietitian, too. As my late father-in-law once said, we were the only two people he knew who had, "found the way to each other's hearts through other people's stomachs."



The truth is, we have very little understanding of just how our digestive system interacts with the food we eat. Nutrition is a complex and compelling area of research and Guts UK is proud to fund research into nutrition and our guts.

Together, we can help scientists turn curiosity into life-changing discovery. Help us continue funding research into nutrition and our guts by donating today.

“I’m so glad to be able to have raised something to help such a brilliant charity who have supported me through some difficult and scary times more than once”



Jodi came and conquered the virtual fundraising world, raising an incredible £325 by walking over 100 miles in August. Despite suffering a knee injury mid-way through her challenge, Jodi and her wife Rebecca completed the challenge through pure determination and passion!

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we are grateful to every
who stepped up to kee**

**With new knowledge, v
suffering for the million
diseases. Contact us abo
today. Let’s get to grips wi**

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George ran 26.2km and raised an incredible £795! George knows all too well of the burden caused by digestive diseases as he suffers with chronic pancreatitis. George joins Guts UK in funding research that leads to earlier diagnosis, kinder treatments and ultimately, a cure.



“I plan on making this the first of many fundraisers for Guts UK, as I get to combine my love of running with a cause that is immensely personal to me”

“To help others save their Nath, I rowed a marathon to fundraise in his memory”



Ed lost his friend Nath to bowel cancer earlier this year. He made the most of lockdown in honour of Nath, rowing a 26-mile marathon in his garden. Ed raised a remarkable £7,725!

etting to th guts!"

Everyone who continued
ive diseases (virtually!)
ar. It has been tough, but
one of our fundraisers
ep us on track in 2020.

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s affected by digestive
ut your fundraising idea
th our guts and save lives:

ts@gutscharity.org.uk



“When I was in hospital alongside others with digestive diseases, I realised there needs to be so much more awareness created for these invisible illnesses. We must raise much needed funds for research!”

In 2021 Abi will be scaling the peaks of Mt. Kilimanjaro! Abi is a beacon of positivity and determination, making it her mission to put invisible digestive diseases such as diverticular disease on the map and hoping to raise £1,000 for Guts UK.



“Big hair? Don't care!”

James' virtual fundraising has seen his hair double in size! James' close friend lost his father to pancreatitis just four days after diagnosis last year, so James has dedicated a year's worth of hair growth to Guts UK. He has already raised almost £500!

Before the Covid-19 outbreak, Dave was set to take on 3 world renowned challenges (Ironman Triathlon, London Marathon and Ride London 100). Dave has chronic liver disease and colitis and understands first-hand the importance of getting to grips with guts. Despite the cancellation of these events, he raised over £1,000 and still hopes to complete the 250 mile-long challenge in 2021. Inspirational!

“I am fundraising for Guts UK to support others who suffer from hidden illnesses”



It's been 50 years...

It's time to get to grips with guts

Next year, we'll be 50 years old

Our charity will be 50 in 2021. Almost 50 years ago, Guts UK's founders got together and decided they wanted to end the pain and suffering that you and I recognise all too well.

A lot has changed since then. We've made ground-breaking discoveries in research and transformed aspects of patient care.

But the truth is, we haven't achieved our founders' goals. The UK still hasn't got to grips with its guts.



What is the problem?

People are suffering. People are dying. All because of a lack of knowledge about our guts.

We all have guts. Around 25ft of them. Every now and then they rumble and when they are full we give them a pat.

But we don't understand our guts.

So when something goes wrong, we don't like to talk about it. And we don't know where to turn for help.

Sadly, we're not alone.

Because doctors don't understand guts, either.

The lack of understanding about these vital organs can lead to missed diagnoses, which in turn leads to more pain, more suffering, even death.

Why don't doctors understand guts?

Because scientists don't understand guts.

They want to. But research into our gut, liver and pancreas is underfunded, undervalued and understaffed.

As a result, we're not learning fast enough to stop the pain, stop the suffering and save more lives.

When you support Guts UK, you fund life-changing research that will end the pain and suffering for the millions affected by digestive diseases.

You can help the UK get to grips with its guts by donating today.

It's our 50th birthday in 2021...

Share your 2021 birthday with Guts UK!

Celebrate your birthday by helping the UK get to grips with guts



It has already been 50 years. Covid-19 has thrown unexpected challenges our way, but we're determined to not let research into our guts lag further behind. That's why we're asking you to donate your birthday to Guts UK in 2021.

With new knowledge, we will end the pain and suffering for the millions affected by digestive diseases. Guts UK's research leads to earlier diagnoses, kinder treatments and ultimately, a cure.

Share your birthday with Guts UK, join us by helping the UK get to grips with its guts once and for all!

I want to share my birthday with Guts UK! How to get involved:

Fill in the birthday card enclosed

If you're signed up to receive our free magazines in the post, you'll have found a birthday card, envelope and business reply envelope enclosed too. Fill in the birthday card, enclose in the birthday envelope and then return via post in the business reply envelope, free of charge.

Set up a Facebook Birthday Fundraiser

If you're on Facebook, you'll be familiar with Facebook Birthday Fundraisers. Did you know you can set one up for Guts UK? Simply find 'Guts UK Charity' on Facebook, click the 'Fundraisers' tab and press 'Create a Fundraiser - Raise Money'. Share with your friends and ask them to donate to Guts UK for your birthday.

Fundraise in the good old way

Tell your loved ones that you're helping the UK get to grips with guts by donating your birthday to Guts UK this year. Collect cash or cheque donations yourself and contact us so we can help with the rest.

Direct people to our website

Tell people they can donate for your birthday via our website: gutscharity.org.uk/donate

In the box where we ask them to 'share your motivation for giving today', they can include your name: *"I'm donating for my sister's birthday, Alisha Patel".*

We'll do the counting and let you know how much you raised for Guts UK, but don't forget to contact us first via phone, email or post!



Kranky Panky

November - the month of the pancreas!

What is pancreatitis?

The pancreas is a gland that produces the digestive enzymes that are crucial for turning food and liquid into the building blocks our body needs to function effectively. It also produces hormones.

Pancreatitis occurs when the pancreas becomes inflamed. It is recognised as one of the 20 most painful conditions you can suffer from by the NHS. When treating 20 patients in hospital with acute pancreatitis, it's expected that 5 will become seriously unwell, with signs of organ failure and the need for a bed in critical care.

What is Kranky Panky?

Each November at Guts UK, we run a month-long Pancreatitis Awareness Campaign called Kranky Panky. We share a story a day throughout November, reaching hundreds of thousands of people, raising much-needed awareness and funding crucial research.

In August, Gordon's loved ones walked a total of 77 miles, remembering their father, partner and grandfather. The family were hoping to do the KiltWalk in Gordon's memory, but when it was cancelled due to Covid-19 – they took their fundraising virtual. Jenni, Linda, Lisa, Wendy, Joan, Nikki and Suzi all walked 11 miles. Most walked from Gordon's birthplace, to his last house.



Gordon was gentle and kind – nothing was too much trouble. He had a mischievous sense of fun and humour, loved spending time with family and friends (especially his seven grandchildren). He enjoyed days out, holidays, golf, football and kitcats! Gordon was looking forward to celebrating his 65th birthday with a family party and holidays in the Cairgorms and Mexico.

On 7th September 2019, he began to experience severe abdominal pain and was rushed to hospital. Within 24 hours, his organs began to fail and he spent two weeks in intensive care. He died a week after his 65th birthday. Losing him has left a gaping hole in all our lives. By supporting Guts UK, our family wants to be part of the research that will prevent this from happening to other families.



There is still no effective treatment for pancreatitis. Guts UK is the only UK charity funding a research fellowship into pancreatitis. Our current research fellow is investigating the inflammatory reaction occurring during pancreatitis, that can damage organs and cause organ failure.

Severe acute pancreatitis will kill 1 in 5 patients affected. We are dedicated to finding an effective treatment for this devastating disease. Be part of life-saving research by donating to Guts UK today.

Guts in the workplace!

From collection tins in shops, to pancreas t-shirts and employer match-funding your fantastic fundraising – there are so many unique, fun and creative ways to get to grips with guts in the workplace.

Mystic Brew Teas

Meet Agnieszka, Alia & Cassius. Alia is three years old and suffers with a condition called achalasia. This means she can struggle to swallow and regurgitate food. Sometimes Alia may even require hospitalisation and tube-feeding due to weight-loss.

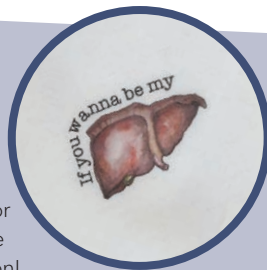
Alia's parents own mysticbrewteas.com, selling delicious blends of loose leaf teas. Throughout September, Achalasia Awareness Month, they donated all profits from three teas to Guts UK.



Ventrala

Ventrala is a science-inspired brand selling t-shirts, posters and mugs. Set up by a group of medical students, ventrala.com strives for a world without health inequality by encouraging discussion about health and supporting charities.

The team will donate a percentage of their profits for their liver and pancreas t-shirts to Guts UK and hope to add to their fantastic organ-related collection soon!



Charlie's Sweet Shop

Phil called us after being hospitalised with diverticulitis (an infection in the bowel). He'd read conflicting, confusing information online and called Guts UK for clarity. We told him that there's a lot of false and even dangerous information online and explained more about diverticular disease, diverticulitis and diet.

Phil was so relieved to have found evidence-based, easy-to-understand information that he chose to support Guts UK by keeping a collection tin in his sweet shop. Phil's son also chose to donate his birthday to Guts UK, setting up a Facebook Birthday Fundraiser for Guts UK!



Together, we can fund research and provide support that means the world to millions of families. We can get to grips with guts. Discover how you could support Guts UK in the workplace, contact us today: info@gutscharity.org.uk • 01484 483 123

The Bugs in our Guts

Your gut microbiota is all of the microorganisms (like bacteria) that live within your gut. In fact, the largest population of microorganisms within the body actually live within the bowel.

How big is my gut microbiota?

The human gut microbiota consists of over 100 trillion microorganisms. It also weighs around 200g, which is the same as an adult hamster!

Why is it so important?

Your microbiota has many functions, like defending against harmful microorganisms and digestive dietary fibre that otherwise, humans would be unable to digest. Your microbiota also make it easier to absorb essential vitamins, and can even affect your mental health.

What influences your gut microbiota?

We can influence our gut microbiota, but only to an extent. There are many factors at play, and some begin before you even leave the womb!

Some factors we can influence:

- Feeding methods, such as breast milk, artificial milk and introduction of solid food
- Dietary habits and the way food is cooked
- Environment and lifestyle factors e.g. rural vs urban and exercise

Some factors we can't influence:

- Genetics
- Gestational age (whether you were born preterm vs. full-term)
- Delivery mode (vaginal delivery vs. C-section)
- Ageing

How can I help my gut microbiota thrive?

The food you eat is the main fuel for your gut microbes. Research suggests that diet can modify your microbes, which could have a real impact on your overall health. Some studies have even shown that gut microbiota composition is different in conditions such as type 2 diabetes, obesity, and inflammatory bowel diseases. Some of the food that you eat does not absorb inside your body (fibre), but feeds the trillions of microorganisms that live in your gut. The part of the fibre that feeds these microbes is called a prebiotic. If we consider our microbes as our gut garden, then the prebiotic is the fertiliser that helps to nourish our gut microbes. Food sources of these prebiotics are plant foods. Some foods containing larger amount of prebiotics include: artichokes, asparagus, chicory, bananas, berries, tomatoes, garlic,

onions, legumes, green vegetables and wholegrain cereals.

Fermented foods (frequently termed probiotics) are usually added to yoghurts, juices or taken as food supplements and are often described as 'good' bacteria. These foods are not harmful for most people with a healthy immune system, although the overall evidence that they are helpful in modifying the gut microbiome is inconclusive. If you have a digestive disease, you should talk to your doctor or dietitian before trying them.

What further research needs to be done?

Preliminary research suggests that some of the earliest changes that lead to Parkinson's disease may actually begin with the gut microbiota. This recent discovery only highlights just how much we're yet to discover about the microorganisms that occupy our gut, and the connection to our brain.

When you support Guts UK, you will fund life-changing research that will develop kinder treatments, lead to earlier diagnoses and ultimately, discover a cure.

From fundraising superstar to future gut doctor!



Where did your interest in the digestive system begin?

Inflammatory Bowel Disease (IBD) runs in my family. Many of my loved ones also have Irritable Bowel Syndrome (IBS), including myself, so the subject is very close to my heart.

I actually found myself attending a lecture a couple of years ago about gut bacteria. From that point on, I was completely and utterly hooked. I was fascinated by just how much the bacteria in our gut can impact upon so many aspects of our health. To think that we have only just scratched the surface too – there's so much more research to be done. I would just love to be a part of that research.

How did you find Guts UK?

Whilst trying to understand digestive diseases and symptoms a little more, I found Guts UK's patient information online. It was very easy to understand and after a little more reading into their work, I discovered their innovative research and awareness raising too.

I then went on to spend a week's experience at my local hospital in the gastroenterology department. Only there could I truly see the devastating impact digestive diseases have upon so many lives.

This work experience was the best week of my life. I came away with so much new knowledge and I knew for certain what I wanted to do in the future.

Tell everyone about your virtual mountain climb!

During my first fundraiser for Guts UK – I visited my college and hospital armed with Guts UK's patient information. I found the public to be just as intrigued by the subject as I was, and I managed to raise almost £150 which I was so pleased with.

However, this year's fundraising challenge for Guts UK was my biggest yet. During lockdown, I climbed Mount Everest – virtually, from home! 3,781 flights of stairs later, I had raised a whopping £223 (and my legs ached a little!) I had only set a target of £50, so I was really overwhelmed by the support I received.

You just achieved some fantastic results at A-Level. What's next?

I'm delighted to have received the results at A-Level that I needed, so the next stop is Imperial College London to study medicine, with the aspiration to specialise in gastroenterology someday! The digestive system although fascinating, is very complex. I'm so eager to play my part in the much-needed future research. You never know, one day I could be a Guts UK researcher!

Team Guts UK were delighted to hear Yasmin aspired towards a career in gastroenterology – we're sure you'll agree that with her passion and dedication, she will make a fine gut doctor.

**If Yasmin has inspired you to support our work, contact us today
on 01484 483123 or email info@gutscharity.org.uk**

A LifeLong Tribute

Steve's Story

“In 19 years together, Steve and I never had one real argument. Steve was always there for me when I needed him, we managed to finish each other's sentences all the time, and knew what each other were thinking so often it was uncanny.

Early in the year, Steve was admitted to hospital with pancreatitis. He fought a three-month long battle before he passed away in March. We knew nothing of this cruel illness before Steve was struck down.

During the early part of his illness when he had just been admitted to Intensive Care and the doctors had warned us he was very seriously ill, I'd been beside his bed holding his hand until the early hours of the morning and had fallen asleep. I woke up and said to him "sorry, I don't think I'm being much use at the moment". Even though he was in absolute agony he looked at me with his gorgeous dark brown eyes, managed a smile and said "you might not think it, but you being here means the world to me".

In Steve's memory, we are raising money for Guts UK. We hope that from our unbearable loss, we can make a positive change. We want to fund research that gives those who suffer a better chance of surviving.”

David, remembering his husband Steve



Steve & David



Steve's loved ones have raised over £7,000 in his memory. David set up a MuchLoved LifeLong Tribute online page in Steve's honour. This is a way for Steve's family and friends to share photos, videos, music, thoughts and fundraise for Guts UK on one platform.

With the remarkable support from families like Steve's, we move one step closer to finding an effective treatment for pancreatitis. We move one step closer to saving lives.



To donate or set up a LifeLong Tribute in memory of a loved one, visit gutscharity.org.uk/giving-in-memory or contact us today.

Pass on something wonderful...

Pass on a cure for digestive diseases

Charities play a fundamental role in driving positive, lasting change. One of the most profound ways you can support life-saving research into digestive diseases long into the future is to leave Guts UK a gift in your will.

Our guts have been underfunded, undervalued and underrepresented for decades. Unanswered questions about gut health causes pain, suffering, even death.

Julia's mother Iris passed away due to stomach cancer.

"I asked the surgeon if he would have been able to do anything if mum was 30 years younger (as she was 87 at the time). He said no."

Our research has the capacity to diagnose earlier, develop new, kinder treatments and ultimately discover a cure.

Thanks to Julia's future gift, she will ensure Guts UK continues to bring about important change in this misunderstood area of health.



We've made progress. Guts UK has funded research that has led to kinder treatments, improved patient care and has made life-changing discoveries.

But the truth is, we haven't yet achieved our founder's goals. We haven't yet got to grips with guts.

When you support Guts UK with a gift in your will, you will help us get to grips with guts and save lives for generations to come.



I'm not wealthy. Can I still leave a gift in my will?

You don't have to be wealthy at all to leave a gift in your will. A gift of any size makes a real difference for future generations.

Each gift of any size sends us one step closer to funding crucial research and answering pertinent questions surrounding life-changing digestive disorders for those that need it most.



I want to look after my family and friends with my will

Our loved ones, family and friends always come first. If after taking care of them you can then include a gift to Guts UK in your will, this would make the world of difference for those living with digestive diseases.

A gift left in your will to Guts UK can also be exempt from inheritance tax. In certain circumstances, a charitable legacy can mean that your loved ones don't pay inheritance tax on some or all of your estate.

THE CHARITY FOR THE DIGESTIVE SYSTEM

REQUEST YOUR FREE EXPERT PATIENT INFORMATION LEAFLET TODAY

- Achalasia
- Acute Pancreatitis
- Adhesions
- Ascites
- Barrett's Oesophagus
- Bile Acid Malabsorption
- Biliary Sphincter Disorders (Sphincter of Oddi Dysfunction)
- Bowel Cancer
- Chronic Intestinal Pseudo-Obstruction
- Chronic Pancreatitis
- Coeliac Disease
- Constipation
- Crohn's Disease
- Diarrhoea
- Diverticular Disease
- Dumping Syndrome
- Eosinophilic Diseases
- Faecal Incontinence
- Gallstones
- Gut Microbiome (Poo Testing)
- Healthy Eating & The Digestive System
- Heartburn & Reflux
- Helicobacter Pylori
- Indigestion
- Irritable Bowel Syndrome (IBS)
- Liver Cancer
- Microscopic Colitis
- Non-Ulcer Dyspepsia
- Pancreatic Exocrine Insufficiency (Pancreatic Enzyme Replacement Therapy)
- Pelvic Radiation Disease
- Perianal Disease
- Polyps in the Bowel
- The Role of Gut Bacteria in Health & Disease
- Ulcerative Colitis
- Wind, Burping, Flatulence & Bloating

NEW & UPDATED!

Diverticular Disease



Much more information on conditions, health and lifestyle tips can be found at gutscharity.org.uk

You can request your free of charge hardcopy in the post by emailing info@gutscharity.org.uk or calling 0207 486 0341.

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