

16 July 2020

## THE OTHER BRAIN

On Wednesday the 22<sup>nd</sup> of July at 6:30pm we will be hosting a live chat with expert CF clinicians on Consumer Connect. Please come along and join in the conversation about the human digestive system.

Our digestive gastrointestinal system is a mysterious and wonderful thing, it is the source of all our energy and vitality, and, regrettably, some of our humour.

It is also the home of the second largest concentration of neurons in the human body, and many scientists now speak about the digestive neuron array as a kind of second brain.

This second brain crunches information about the state of your gut and relaying it to the brain in a kind of 'pre-chewed' fashion that eases the cognitive burden on your grey matter upstairs.

At Cystic Fibrosis Australia we are champions of Gastrointestinal health and education. It is not a glamorous area of study, but it is of crucial daily importance to so many people managing CF.

Topics like the microbiome, inflammation, diet, diet quality, supplements, gastroenterology & hepatology, gastrointestinal diseases and cancers, pancreas, pancreatic insufficiency, probiotics and clinical trials are on the Agenda.

Here is a little bit about our Consumer Connect Guest Speakers ...

**Tamarah Katz** is a clinical dietitian and has been a member of the Cystic Fibrosis Team at Sydney Children's Hospital for 13 years. During that time, she has partnered with her multidisciplinary care team in over 20 publications and has contributed her expertise to five national guidelines including the management of CFRD, pancreatic enzyme replacement therapy and the recent Australasian nutrition guidelines.

**A/Prof Keith Chee Y. Ooi** (MBBS, FRACP, PhD) is a clinician-investigator at University of New South Wales and Sydney Children's Hospital Randwick. He has interests and expertise in CF gastroenterology with 100+ journal article publications. He has been awarded more than AUD\$8 million in research funding, including the NHMRC Emerging Leadership Award.

Joins us next week on the 22<sup>nd</sup> of July at 6:30pm for an expert consultation because a healthy gut means longer, stronger CF lives and in the immortal words of Napoleon “An Army marches on its Stomach.”

Sign up now and submit a question or three. Please find a link below to the event for question submission: <https://cfa.padlokt.com/consumer-connect/video/gi-stands-two-things-gastrointestinal-medicine-and-great-information/register>

Kind regards

A handwritten signature in black ink that reads "Nettie Burke". The signature is written in a cursive, flowing style.

Nettie Burke, CEO  
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