



Supported by

Symprove have provided an educational grant supporting the programme.
Symprove have no influence over the content of the programme.



Digestive Health in Menopause

Week 2

www.harleystathome.com

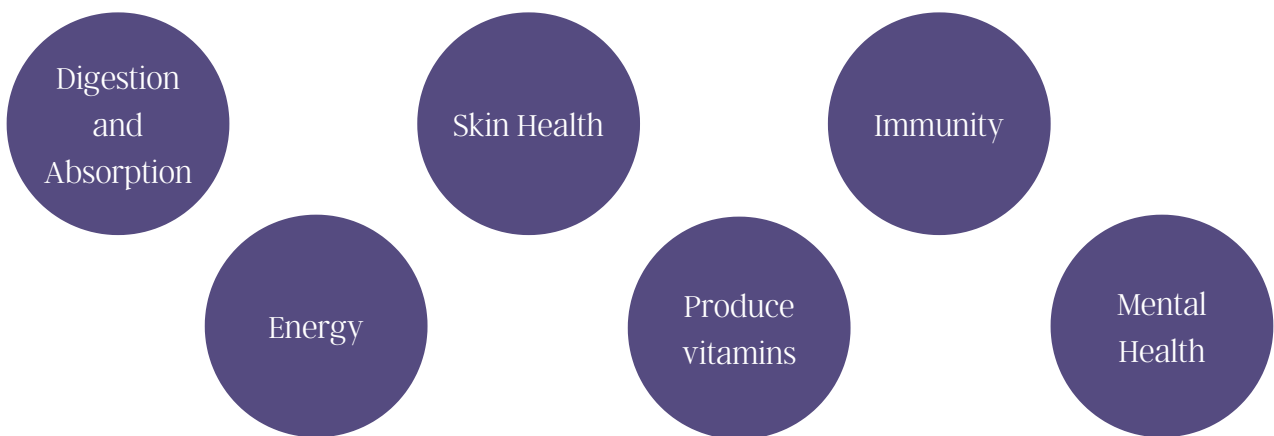
What is the Gut Microbiome?

Aims

- To understand what the gut microbiome is
- To understand the factors affecting the gut microbiome
- To understand how the microbiome changes during menopause
- To understand the difference between probiotics and prebiotics

What is the Gut Microbiome?

- The gut microbiome refers to all the microbes living in the gut, including bacteria, fungus, viruses and yeast.
- The gut microbiome consists mostly of bacteria.
- The roles of the gut microbiome include:



Healthy Gut Microbiome



Less Healthy Gut Microbiome

Factors Influencing the Microbiome



Diet



Medication



Stress



Genetics



Birth



Physical Activity



Age

What is Dysbiosis?

- Dysbiosis: Imbalance of good and bad bacteria

Effects of dysbiosis include...

- | | |
|--|--|
| <input type="checkbox"/> Poor digestion | <input type="checkbox"/> Irregular bowel movements |
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Diarrhoea |
| <input type="checkbox"/> Compromised immune function | <input type="checkbox"/> Inflammation of the gut |
| <input type="checkbox"/> Skin issues | <input type="checkbox"/> Fatigue |

Oestrogen

- Research suggests the gut microbiome contains a group of gut bacteria known as the 'estrobolome'.
- The estrobolome are thought to be involved with regulating oestrogen levels, which also helps to maintain good diversity within the gut microbiome.
- Declining oestrogen levels at menopause may have a knock on effect on gut microbiome diversity.
- More research is needed.

How Can I Look After My Gut Microbiome?

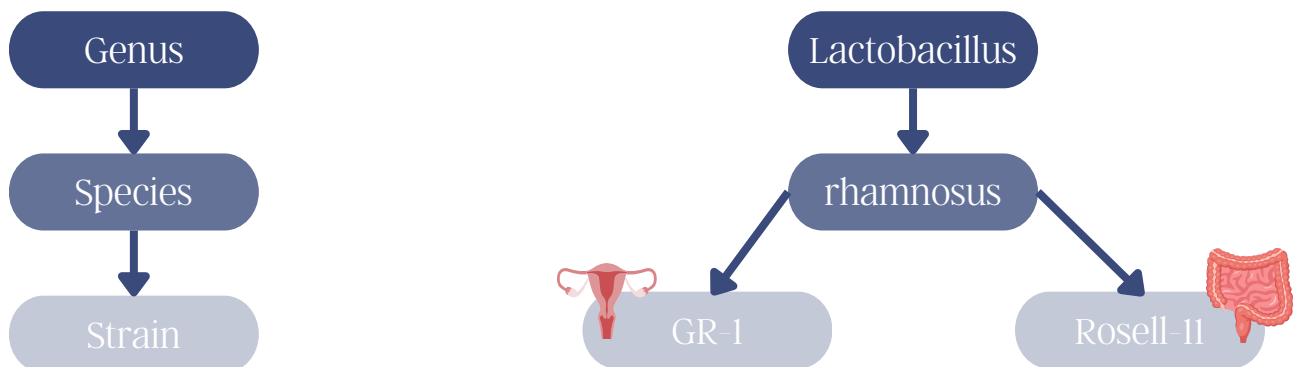
- Stress and anxiety management
- Gentle movement and exercise
- Diet and supplements

The Role of Diet in the Gut Microbiome

- Include wholefoods in your diet to ensure a good fibre intake - fruits, vegetables and wholegrain carbohydrates.
- Include prebiotic fibres in your diet, which can be found in onion, garlic, apples, pears, flaxseed and oats.
- Limit processed foods, which are often stripped of fibre.
- Limit sugary foods.
- Eat regularly.
- Include fermented foods, such as yoghurt, kefir, sauerkraut and kimchi.

What are Probiotic Supplements?

- Probiotics: Live microorganisms which, when administered in adequate amounts, confer a health benefit on the host.
- When looking for a probiotic, focus on strains NOT species.



Probiotic Supplements are Not Recommended In...

- Severely immunosuppressed patients
- Infants with short bowel syndrome (SBS)
- Patients post-cardiac surgery
- Patients with pancreatitis
- Patients in the Intensive Care Unit (ICU)
- Patients with blood in the stool, unless under a doctor's care
- *Saccharomyces boulardii* in pregnancy and breastfeeding

How to Choose A Probiotic Supplement?

To find out more about choosing the right probiotic for you, [read our blog 'How to Choose A Probiotic Supplement'](#).