

THE IMPORTANCE OF THE GUT

Speaker: Dr Graham Cope

Around 40% of the population have at least one digestive problem, and this increases with age. This talk is a light-hearted 'walk through' the digestive tract, starting at the mouth and passing through the different organs with emphasis on the large bowel or colon. Its function will be described along with the role of fibre and the microbiome. Diseases of the large bowel will be explained and what action should be taken, and what foods should be eaten and avoided.

Dr Cope was a medical research scientist who studied inflammatory bowel disease and the effects of smoking while at Leeds University. He went on to study other aspects of tobacco intake in Birmingham and then starting a diagnostic company. He recently retired to South Wales.

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