

PRESS RELEASE

Myths and fairytales all about nutrition

Every second Brit believes he is too fat – important topic at GASTRO 2009 UEGW/WCOG

(London, October 2009) Since time immemorial, food has been shrouded in myths and fairytales. What is healthy? What makes you ill? Which foods should be avoided at all costs or can be eaten to your heart's content? "There is no single truth," says Professor Chris Hawkey, President of the British Society of Gastroenterology (BSG). These and other important questions all about nutrition will be discussed at GASTRO 2009 UEGW/WCOG, which is being held in London from November 21st to 25th 2009. 12,000 scientists from more than 100 countries are expected to attend one of the world's largest conferences on the subject.

What constitutes a balanced diet? "In general, the human body is remarkably adaptable and does well on a very wide variety of foods," declares Professor Hawkey. Low fat, high fibre diets are associated with somewhat enhanced longevity and, non-adherers would argue, even greater longueurs. Whether this is due to the diet itself or to the associated low levels of obesity is less clear.

Superfoods

A number of foods are regarded as "superfoods". Some have the potential to impact beneficially on health, for example broccoli which contains sulforaphanes which in theory can prevent cancer development.

The big problem: obesity

"However, the main problem facing society is not the content of our diet but its quantity and consequent obesity," says Professor Hawkey. "Our poll found that 49 per cent of the UK population thought they were personally obese, whilst 62 per cent thought obesity would continue to increase for at least the next 10 years."

Many more conference highlights

Alongside the recent research results on liver conditions, the conference focuses on diseases of the whole gastrointestinal tract. It includes subjects affecting millions of people, such as

new endoscopy techniques, progress in the treatment of pancreatitis, chronic inflammatory bowel disease, and disorders of the oesophagus.

Public Health Day

On Sunday, November 22nd 2009, from 1.30 p.m. to 5.30 p.m., members of the public are invited to attend a public information event at GASTRO 2009 UEGW/WCOG. World renowned experts and patient group representatives will inform about Inflammatory Bowel Diseases (IBD), Irritable Bowel Syndrome (IBS) and Coeliac Disease. Chaired by UK medical broadcaster, Dr. Mark Porter, this event will offer the opportunity to get first-hand information about research, diagnosis and management.

For more information see: http://www.gastro2009.org/scien_prog/public_helth.php?navId=240

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