

THE GUT
 Foundation
 Research Institute

To improve the digestive health
of all Australians

Celebrating 35 years



LETTER FROM PROFESSOR TERRY BOLIN, Founder of the Gut Foundation

Thank you for your interest in the Gut Foundation.

Our goal at the Gut Foundation is to improve the digestive health of all Australians. We are proud of our achievements over the last 35 years, in working toward this cause.

Over that time, we have seen many advances in our understanding and treatment of digestive health. However there is still much to do. Despite being treatable if caught early, rates of Bowel Cancer are on the rise. And almost half of all Australians will experience a digestive problem, at least once in their lifetime.

The success of our Foundation would not be possible without our team of supporters, who partner with us in this important work.

I thank our Board for their ongoing commitment to the Foundation and their support of the work we do.

We have some interesting new research projects planned for 2018 and hope these will lead to great advances in helping all Australians with their digestive health.

Professor Terry Bolin

President, The Gut Foundation

OAM MD(NSW) BS(Syd) FRACP FRCP(Lond) FRCP(Edin) DCH(Lond)

Associate Professor of Medicine, University of New South Wales
Consultant Emeritus, Prince of Wales Hospital, Sydney, Australia

The Gut Foundation was
Established in 1983 on the initiative of
Terry Bolin and other colleagues, during his tenure
of 6 years as Honorary Secretary of The Gastroenterological
Society of Australia. Over the past 35 years it has evolved
into a highly professional organisation, involved in community
and professional education and research into disorders of
the gastrointestinal system.

The Gut Foundation works with researchers and
health professionals all over Australia, to build awareness, educate
and improve screening for digestive diseases. Our Board is made up
of Gastroenterologists, dietitians and a number of Professionals
from various fields.

*Our mission is to improve the digestive health of all Australians.
Half our population complain of some digestive problem
in any 12 month period.*

We are dedicated to the treatment and prevention
of gastrointestinal diseases and conditions including:
bowel cancer, coeliac disease, inflammatory bowel disease,
irritable bowel syndrome, malnutrition, reflux,
diarrhoea, bloating and constipation.

COUNCILLORS



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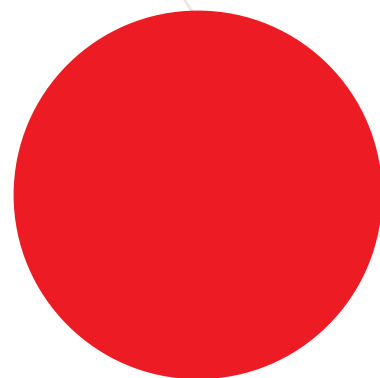
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BOWEL CANCER PREVENTION

The early detection of bowel cancer saves lives

A major focus of the Gut Foundation is bowel cancer prevention.

Since 1983, the Gut Foundation has advocated early screening.

Our original publication about bowel cancer risk was the first to identify that 1 in 5 members of the community are at higher than average risk because of family history. This pre-dated any publications either from the United States or Europe and was therefore a landmark.

A later publication established the positive cost benefit of colorectal cancer screening, particularly comparing colonoscopy with Fecal Occult Blood testing (FOB). Slowly other world bodies have moved the timing of the initial screening colonoscopy to a younger age group, this having been advocated by The Foundation for the past 35 years.

The Gut Foundation continues to campaign for changes in Government funding and policy concerning bowel cancer.

The Gut Foundation publishes the latest research about bowel cancer.



Bowel cancer – the facts

Unfortunately the incidence of this disease in the community appears to be increasing.

**Bowel cancer is the
2nd highest killer of Australians.**

There are risk factors associated with bowel cancer, such as having a family history and increasing age. However...

**4 in 5 people who develop the
disease have no known risk factors.**

Despite the statistics, very few people take action to protect themselves against bowel cancer.

**About 40 Australians are diagnosed
with bowel cancer every day.**

Of those 11 will die from bowel cancer, because it was diagnosed too late.

Kristian Anderson's story

Kristian Anderson, who was made famous by his YouTube video tribute to his wife, sadly passed away from bowel cancer - aged just 35. He fought very bravely for 2 years, but his cancer was discovered too late.

Kristian attended our events and was a keen supporter of promoting bowel cancer Testing.

Despite his illness, Kristian worked hard to help others and became the face of a campaign to have a life saving cancer drug listed on the PBS.



The Gut Foundation's goal is to promote testing for more Australians, especially those over the age of 40.

The way to catch Bowel Cancer early is through testing. Bowel testing kits are inexpensive and easy to use. And they can save your life.

Looking out for symptoms is not enough - symptoms may not appear until it is too late and the cancer is in its advanced stages.

The Federal government funds the National Bowel Cancer Screening Program which involves mailing FOBT kits to Australians aged 50, 55, 65 and 70. While this is making inroads, only one in three eligible Australians are taking part in the program.

Current Government guidelines promote testing from age 50. But about 1 in 10 Bowel Cancers occur in people under the age of 50.

The good news about Bowel Cancer is that treatment options have improved significantly. If caught early, recovery outcomes are very good.

90% of Bowel Cancers can be prevented if the polyp is discovered early enough and removed.

Peter's Story

My name is Peter Tiffin and I am one of the luckiest people on earth!

I am 53, happily married and have three children under 15 years.
Last year (2013) I was diagnosed with colon cancer, operated on and finished my chemo.

I have a father who was diagnosed with colon cancer when he was in his 80's but other than that I don't tick any of the "at risk" boxes. I eat well, I exercise regularly, I don't smoke, I drink in moderation, I am not over stressed and I had no symptoms and.....1.5 years ago I had completed the "box" check and was all clear.

I am fortunate that just over a year ago, my wife organised for a routine, precautionary, colonoscopy.

It was to our great surprise that my Dr informed me I had a suspicious polyp. Within the week I was in hospital undergoing surgery for its removal only to find that the cancer, though not yet on the liver or lungs, was on its way to the lymph system having only just broken through the colon wall.

If I had delayed having a colonoscopy even by just a few months, the prognosis may have been significantly worse and my chances of a cure significantly reduced.

While my sister in law is also the beneficiary of a positive outcome, sadly another friend of mine, also in his 50's, was not so lucky and died during the time I have been doing chemo. Such a waste he too would still be alive if it had been caught early enough.

This cancer, if caught early enough has a great chance of being cured. The surgery is invasive and significant but the alternative is unacceptable. This cancer, though beatable, is insidious as it does not always provide any clues as to its being in your system.

Since my diagnosis I am on a crusade to try and encourage everyone of 50 years to have a colonoscopy.



Bowel cancer research projects

Bowel Cancer screening - Wagga Wagga 2012.

In 2012 we conducted an extensive Bowel Cancer screening in Wagga, NSW. Due to the generosity of prominent businessman John Singleton, we were able to conduct this screening programme which saved lives and highlighted the importance of early testing.

John Singleton explained his passion for this cause,

“ *I've lost a couple of close mates to bowel cancer and I have a personal commitment to fighting the illness. I just can't understand why more isn't done about bowel cancer. We need to encourage our mates to stand up and take action and get checked out before it's too late.* **”**

Gut Foundation President Prof Terry Bolin announced the launch of the initiative at a function in State Parliament saying,

“ *Deaths from bowel cancer in Australia are unacceptably high. We know from latest research that people living in the bush are more likely to be diagnosed with colorectal cancer at a later stage than people living in big cities, meaning that their outcomes when diagnosed are less optimal than their city cousins. We need to work harder to get the message across about bowel cancer which is a preventable cancer that claims 12 Australian lives each day.* **”**

The program was the first of its kind and aimed to facilitate improved coordination of health care providers. It involved Murrumbidgee Medicare, Rotary NSW and the Gut Foundation, employing health professionals to oversee the program.

The programme began with an intensive media campaign, which encouraged locals to be screened with Rotary's Faecal Occult Blood Testing (FOBT) kits.

We were able to facilitate testing for 1400 people from age 40. The results were dramatic – 14% of the people early cancer. Early treatment for this group prevented subsequent bowel cancer, potentially saving many lives.

Paul Kelly

Paul Kelly was the face of the Wagga bowel cancer screening campaign. He are very thankful to Paul for lending his face and name to this campaign.



UNDERSTANDING DIGESTIVE SYMPTOMS

Over 35 years, The Gut Foundation has carried out research into a number of important areas affecting digestive health and well-being. These include the prevalence of heartburn, bloating, constipation, diarrhea and other gastrointestinal problems.

Recent research concerned the dietary intake of children.



Kids Fibre study

In conjunction with Kelloggs, we surveyed over 1000 Australian mums (of kids aged 8 to 12) about their children's bowel symptoms and fibre intake. 41% of children have bowel problems including constipation, irregular bowel motions, diarrhea or tummy pain. This is an extraordinary finding and well above the 5 – 15% of people with irritable bowel syndrome we would expect.

1 in 5 children never ate fruit

30% did not eat vegetables

Less than 50% had a high fibre breakfast cereal



This is very concerning, as could lead to serious health problems for these kids in later life. There are clearly many issues we need to address in improving the health of our growing population.



THE GUT FOUNDATION INITIATIVES

Community Awareness

NRL KICK BOWEL CANCER CAMPAIGN

The Gut Foundation is proud to be partnering with the NRL, alongside Cancer Council NSW and Bowel Cancer Australia, for this exciting campaign to increase bowel cancer awareness in the community. The NRL Kick Bowel Cancer campaign, features current and former greats from clubs including the Raiders, Rabbitohs and Knights and ran nationally throughout the rugby season. The TV ad was shown at the ground at all the finals games, as well as channel 9 and Fox.



People were invited to visit the [NRLKickBowelCancer](http://www.nrlkickbowelcancer.com.au/) website and complete a risk assessment survey.

<http://www.nrlkickbowelcancer.com.au/>

Results to date have been very positive. Over 22,000 people have completed the online survey to measure their risk and find out more

about bowel cancer. Since the campaign began, the audience reach is over 3 million people.

IBD day

The Gut Foundation works to support those living with gastrointestinal disorders such as Inflammatory Bowel Disease (IBD). Over 75,000 Australian's suffer from (IBD), most are diagnosed young between the ages of 15-30. IBD sufferers have a constant life-long and often hidden struggle that can affect their personal, social and work life. On World IBD Day (19th May) our campaign #IBD2016 and #IBD2017 aimed to raise awareness in the community and encourage those struggling with this disease. The positive patient stories and latest medical information encouraged sufferers that they can lead fulfilling healthy lives.



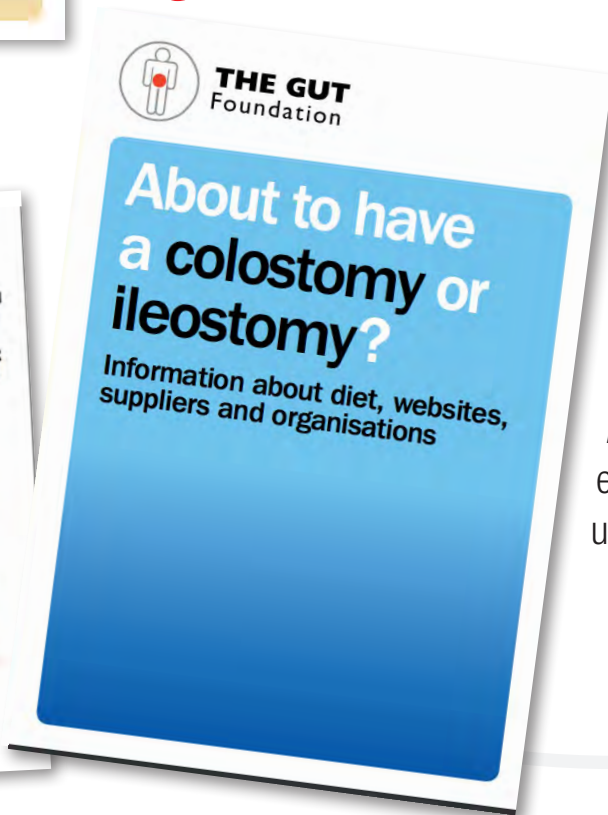
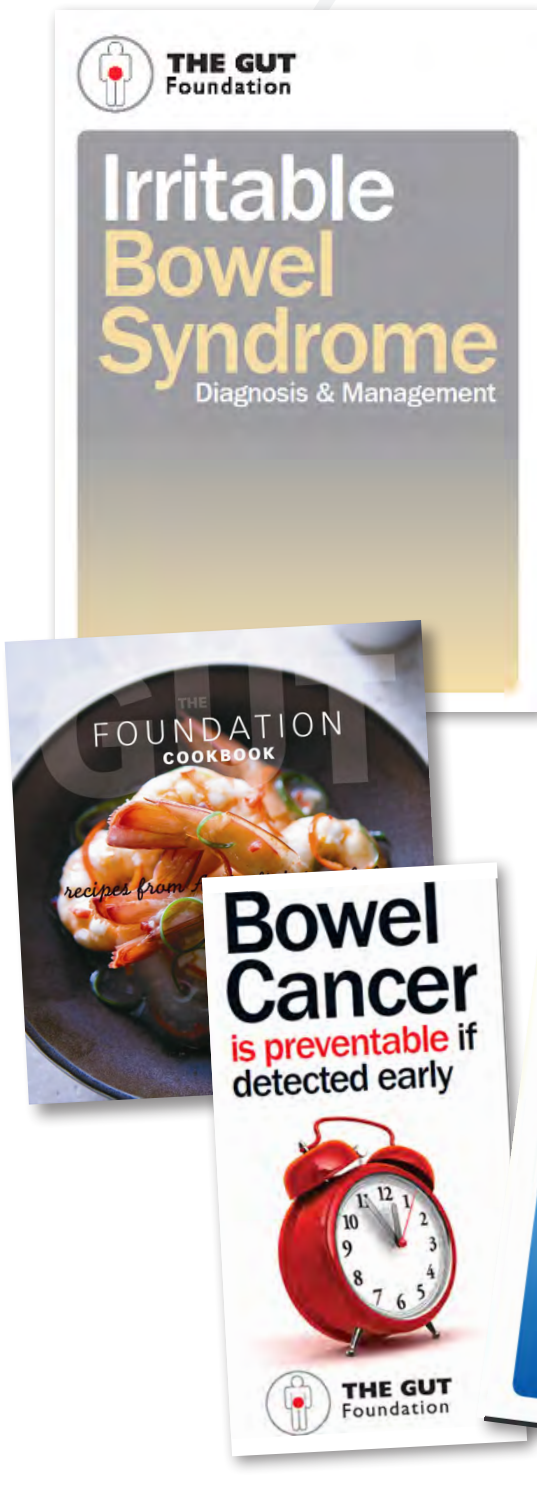
Publications

A major part of the work of The Gut Foundation has been publishing the most up to date information on digestive health.

These books are an excellent resource, popular with the public and health professionals. Order your copy from our website - in print or PDF download.

We have published over 40 books detailing the latest digestive health information.

Our latest book 'About to have a colostomy or ileostomy?' provides expert information and useful links.



AFFILIATIONS

We are currently working with the UNSW Medical school in Port Macquarie on a research project, investigating ways to increase rates of bowel cancer testing in the community. Results so far have been very positive and we have commenced stage 2 of the project. The project involves 4 GP practices currently but we are looking to role out the project to further practices in the area.



L-R are: A/Prof Sandy McColl, Head Port Macquarie Campus
Catherine Cambridge, Marketing Manager, The Gut Foundation
Leslie Williams, State Member for Port Macquarie
Dr Lesley Forster, UNSW Associate Dean Rural Health
Dr David Gillespie, Federal Member for Lyne

Research project launch at UNSW Rural Medical School, Port Macquarie



FRIENDS OF THE GUT FOUNDATION

Media and Government

The Gut Foundation is a Parliamentary Friendship Group. We work with both State and Federal politicians, to help spread our message about Gut Health.

We hosted an event at Parliament house in 2014, with The Hon Barnaby Joyce MP, The Hon Joe Hockey and other politicians highlighting the low rates of bowel cancer awareness and testing in Australia. John Singleton, Cathy Harris AM, Dr Sandy McColl (Head of the Port Macquarie Regional medical school) and Professor Bolin spoke about the disease and that more needs to be done to reduce the incidence rate.

RISA (Reflux Infant Support Association)

The Gut Foundation has partnered with RISA to support families of infants and children, who suffer from gastro-oesophageal reflux and its complications.



Douglas Hanly Moir

DHM has supported The Gut Foundation by providing us with Faecal Occult Blood Testing Kits, an important tool used to detect polyps in the bowel.



EVENTS

Rock and Laughter Charity Show

The annual 'Rock n laughter' night is always a great success. Thanks again to Tony Bennett for organising this annual fundraiser for the Gut Foundation, where many talented performers donate their time to ensure an entertaining evening.



Treadmill marathon 'Outrun Cancer'

Congratulations to all the runners in our Treadmill Marathon, who ran hard to raise funds for our bowel cancer prevention research project.

What an amazing afternoon! It was almost a battle of the banks, with teams from Citibank, Westpac, Macquarie and CBA racing each other to be 1st to finish 42.2km. Event sponsors, Kelloggs, put in a strong performance but it was AMEX who took out the winning trophy.

Alan Tongue and Mario Fenech, NRL Kick Bowel Cancer Ambassadors, joined us to cheer on the runners and present the trophy to the winning team.

Thank you to Kelloggs for sponsoring the event and providing samples of their new All Bran cereal.

A special thank you to Luca from Outrun Cancer, for his amazing fantastic efforts in organising the event.



EVENTS



Annual CEO Breakfast

We were very fortunate to have had the Federal Minister for Health The Hon. Greg Hunt MP as our guest of honour. Attendees were encouraged to take better care of their health and get checked for bowel cancer.

Thank you to PwC for hosting our 2017 CEO event.



The Gut Foundation Dinner - Celebrating 30 Years

About 180 guests attended our dinner at the beautiful Doltone House, to celebrate 30 years of the Gut Foundation. Guest speaker was Commando Regiment Corporal Heath Jamieson, who was badly wounded in Afghanistan and who now works with injured veterans. He gave a moving talk about his war experience and his unforgettable trek to the South Pole with Prince Harry.

Guests included Local Government Minister Paul Toole, NRL Ambassador Mario Fenech and Gut Foundation President Professor Terry Bolin.

A very special thank you to John Flood and Sandy Oatley, for their generous support of the event.

We would like to thank our generous sponsors - Wild Oats, Hamilton Island, Hollydene estate wines, Peterson House wines, Scarborough, Pukara, Tullochs wines, Tyrrells wines, Coogee Bay hotel, Arnotts, Active Travel, Pandaw River Cruises, Bell Potter, Designer Rugs, Big Dream Events, Travel Managers, Lexus of Chatswood, Sydney Markets, Vintec, McCarrolls, Macdiarmid Sails.



NUTRITION

Promoting a healthy diet has become an even greater part of the Foundation's activities in recent years, especially in regards to dietary fibre.

Our message that its possible to,

“eat your way to good health”

is an important part of what we do. We encourage people that by making simple changes and being more aware of wholesome delicious foods, everyone can enjoy a balanced nutritious diet that is easy to follow and beneficial to lifelong health.



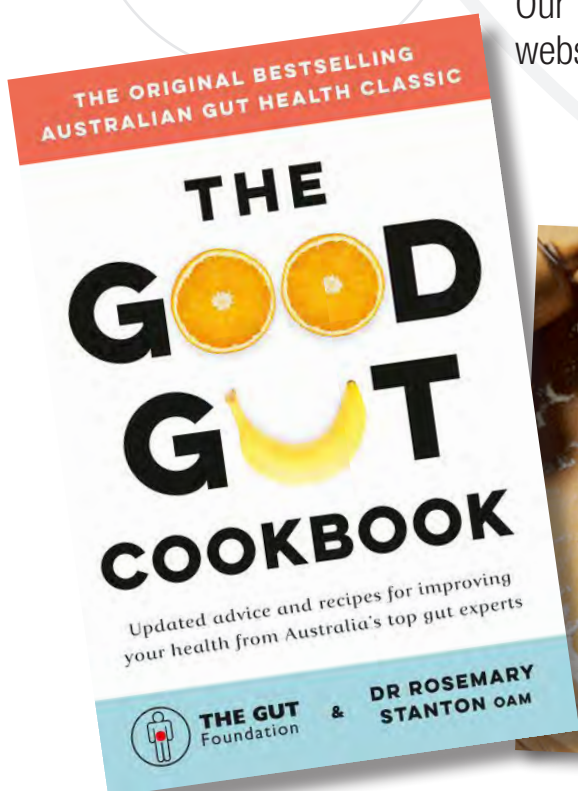
Recipe Books

As part of our initiative to promote healthy living, we have published some excellent recipe books.

The Gut Foundation cookbook is full of healthy recipes from celebrated Australian chefs. Professor Bolin was co-editor and it includes commentary on various gastrointestinal disorders. It was awarded the **International Gourmand Award** for the best food and nutrition book from Australia.

The Good Gut Cookbook, a joint publication by The Gut Foundation and Dr Rosemary Stanton has been updated and re-released in 2018.

Our new Good Gut cookbook is available to download from our website <http://www.gutfoundation.com.au/publications>



RESEARCH PROJECTS

Research projects are a key part of our mission to improve the digestive health of all Australians. We are excited about our plans for 2018. Some of our past projects include:

Malnutrition in the Elderly

The study of malnutrition and malabsorption in the elderly is an important public health initiative. Our Research dietician, Katherine Collings has been studying the relationship between malabsorption in the elderly and subsequent malnutrition. We have found that many elderly people have problems absorbing their food as their digestive system is no longer operating efficiently. This can later lead to malnutrition - studies have shown that 80% of elderly people (around 80 years of age) have malnutrition when they present to hospital.



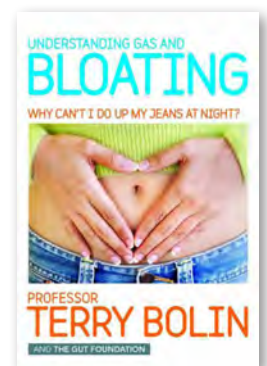
Kids Nutrition in Developing Countries

These studies began in Burma to determine why childhood stunting begins in early life in disadvantaged countries. It showed that rice absorption was poor in both children and adults and was due to overgrowth of the normally sterile intestine with bacteria. These bacteria prevent the normal absorption of food. It is largely due to poor water supply.



Understanding Gas and Bloating – Why can't I do up my jeans at night?

Bloating is a common gut problem that many individuals, especially females, experience. However there has been little understanding of its frequency or impact on quality of life. Two thirds of women we surveyed have suffered from abdominal bloating – reporting the condition affected their daily activities, either “greatly” or a “fair bit”. Our publication “**Understanding Gas and Bloating**”, explains the problem and helps sufferers understand what they can do to feel better.





CONFERENCE PRESENTATIONS

MALABSORPTION IN THE ELDERLY

*International Conference on Dietetics and the American College of Scientific Gastroenterology Scientific Meeting.
Washington DC, 2011*

Detailing the relationship between malabsorption in the elderly and subsequent malnutrition.

BENEFITS OF APPENDICECTOMY FOR ULCERATIVE PROCTITIS SUFFERERS

*International Conference on Dietetics and the American College of Scientific Gastroenterology Scientific Meeting.
San Diego, 2013.*

Showing benefits of removing appendicects, as therapy for patients for ulcerativ proctitis.

A decorative graphic on the left side of the page. It consists of two circles: a solid grey circle on top and a white circle with a grey outline below it. A thin grey line starts from the top left, goes down to the top of the grey circle, then down to the top of the white circle, and finally curves downwards and to the right, ending near the bottom right of the page.

CONFERENCE PRESENTATIONS

REVIEW OF RECOMMENDED SCREENING AGE FOR COLORECTAL CANCER

International Conference on Dietetics and the American College of Scientific Gastroenterology Scientific Meeting., San Diego, 2013

Detailing results of our Bowel Cancer Screening study in Wagga Wagga. Almost 15% of people tested (ages 40-45) had polyps (which can become cancer) or bowel cancer.

Ways you can help the Gut Foundation to improve the digestive health of all Australians

As a charity, we rely on the generosity of our supporters to continue our important work.

At some stage in our lives we are all touched by someone with bowel cancer, crohn's disease, colitis, irritable bowel or even heartburn, diarrhea or an ulcer. As some of these conditions increase, the role of The Gut Foundation in the community is even more important.

One off donations & regular giving | Participate in an event | With a Bequest

ONE OFF DONATION & REGULAR GIVING

If you would like to support The Gut Foundation we would love to hear from you. You can give through our website or send your donation cheque marked payable to 'The Gut Foundation' to Suite 18, 12 Tryon Road Lindfield, NSW 2070

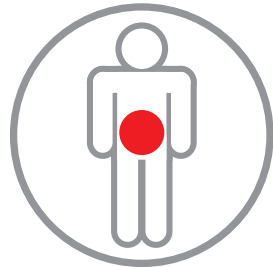
By setting up a regular monthly payment, you can assist the Foundation to continue to operate and grow. Your generous support is greatly appreciated. All donations over \$2 are tax deductible.

YOUR BEQUEST WILL HELP SAVE LIVES

Every day 12 Australians die from bowel cancer. This is just one of the challenges your bequest will help us address.

A bequest in your Will is one of the most significant gifts you can leave for future generations. Your bequest will ensure that The Gut Foundation is able to continue to improve the management of digestive health by co-ordinating clinical care and research activities; to continue to provide support for all persons with gastrointestinal disease, their families, their carers and their friends and to prevent and find cures for gastro intestinal cancers through clinical care and research.

If you are interested in leaving a bequest, contact us on info@gutfoundation.com.au



THE GUT
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Subscribe to our **e-newsletter** - it is a popular resource with new information about digestion, food info and political/news issues that relate to Gut Health.

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