

# Bugs, Guts & Probiotics

**Tuesday**  
**Sept. 19, 2017**  
**12:00 – 1:00**  
**M106**



**Want a quick tour of gut bacteria?**  
**What are evidenced-based uses of probiotics?**

## Speakers:



**Lisa Offringa, PhD**  
**Research Fellow, SPRC**

- **Basics of the intestinal bacterial environment**
- **What are pro- and pre-biotics?**
- **Fiber overview**



**Ann Ming Yeh, MD**  
**Clinical Assistant Professor, Pediatrics – GI**

- **Resources for assessing probiotic quality**
- **Side effects and contraindications of probiotics**
- **Clinical uses of probiotics and fecal transplant**

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