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Probiotics: The way to Better life!

It is quite humbling to know that most of the cells in our bodies are bacterial cells. Moreover, “Bacterial System” is the largest organ in our body. There are more than a thousand different species in our body that lives in harmony with us. It is there for a good reason; that is helping us to stay healthy. The science of probiotics is mounting exponentially. There is a huge amount of research being done all over the world to demystify this unique system. The role of probiotics in clinical practice is expanding very fast; it is indicated in various Gastrointestinal disorders, for example diarrheal illnesses whether that is infectious (Rota, C. Diff etc) or antibiotic induced or inflammatory in nature like Inflammatory bowel disease. Others may include irritable bowel syndrome, recurrent abdominal pain and several others. Hostile environment like birth by cesarean section, formula fed, frequent use of antibiotics or severe chronic illness may affect the probiotic milieu negatively. These kinds of patients may benefit from restoring their bacterial system. Strong evidence based practice guidelines by International societies are limited; giving the huge number of different probiotics and the substantial differences in methodology of these studies. These guidelines and metanalysis studies will be presented and discussed in length during my presentation.

Biography

Mohamad Miqdady is American Board certified in Pediatric Gastroenterology, Hepatology and Nutrition. He is the Division Chief, Ped. GI, Hepatology & Nutrition Division at Sheikh Khalifa Medical City in UAE. Program Director, Pediatric Gastroenterology Fellowship Training program, SKMC, Abu Dhabi, UAE. Also an Adjunct Staff at Cleveland Clinic, Ohio USA. He completed his Fellowship in Pediatric Gastroenterology at Baylor College of Medicine and Texas Children's Hospital in Houston, TX, USA. He held the position of Assistant Professor at Jordan University of Science and Technology in Jordan for six years prior joining SKMC.

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