

Mastering the Microbiota for a Healthy Gut. Feeding update

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Abstract

Introduction: Background and Aims: Our Study aims to state the evidence-based effect the implementation of newborn infant nutrition with prebiotics and probiotics has been demonstrated to be effective in changing microflora composition toward the desired breast-feeding pattern and stimulating immune response.

Methods: Considerable efforts have been made to mimic the composition of human milk by the addition to formula feeding of living bacteria (probiotics), non-digestible fibers, nucleotides and oligosaccharides (prebiotics), and bovine lactoferrin in order to induce a breast-fed-similar microbiota colonization in formula-fed infants, with the final aim to stimulate the maturation and proper function of the immune system.

Several studies performed in the past decades have clearly demonstrated the complexity of gut microbiota composition and the modulatory effect played by several endogenous and exogenous factors on it. Type of feeding in the first months of life appears as one of the most important determinants of the child and adult well-being, and its protective action seems to rely mainly on its ability to modulate intestinal microflora composition at early stages of life

In recent years, the implementation of milk formula with prebiotics, probiotics, and lactoferrin has been demonstrated to change newborns' microflora composition toward breast-feeding pattern and stimulate immune response.



Diet has a dominant role over other possible variables such ethnicity, sanitation, hygiene, geography, and climate, in shaping the gut microbiota

Conclusions: No definitive results are available regarding the real health improvement, so that breast milk, whose beneficial

health-effects are undoubtedly unique, has to be considered the food of choice for infants in the first 6 months of life.

For the same reasons, breast-feeding should be encouraged and, at the same time, new researches are advised in order to better define the composition of intestinal microbial ecosystem and the specific interactions amongst diet, microbiota composition, and children health.

Biography:

Dr. Said El deib is a Pediatrician and Neonatologist whose experience in the field spans 15 years, backed by a higher education degree from royal college in UK. He is pioneering as an open and contextual evaluation model based on constructive responses, which has led in the creation of new methods to improve pediatric healthcare, neonatology and pediatric nutrition. Dr. Said has established this model following his years of experiences in medical practice, research, evaluation, and teaching in hospitals and medical universities in the region, including Egypt, Kuwait and the UAE.



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