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MARCH 27 WEBINAR:

DEMYSTIFYING GASTRO HEALTH

During this webinar, Dr. Kupfer discussed how the gastrointestinal tract works and what happens when things go wrong. Read about the webinar **Q&A Highlights** and **Myths vs Facts** surrounding gastro health!



Q&A HIGHLIGHTS

Does having an existing GI issue increase my risk of developing more?

Usually not. Having common conditions like IBS doesn't predispose you to other GI conditions like cancer. Having long-standing inflammation of the esophagus or colon might require additional screening.

Can stress cause IBS?

No. Stress impacts the gut-brain connection, but doesn't cause IBS. IBS is thought to be due to dysfunctional communication between nerves in the GI tract and the central nervous system.

How can I prevent CRC?

Screening, eating fruits and veggies, normal body mass index, physical activity, limiting alcohol and red/processed meats, and avoiding smoking all help.

How do at-home tests screen for CRC?

Fecal immunochemical test (FIT) screens for CRC by looking for blood in the stool.

Multi-targeted stool DNA tests like Cologuard screen for CRC by looking for both blood and DNA linked to CRC in the stool.

Both of these tests don't test for pre-cancerous polyps. If either tests are positive, be sure to follow up with your provider and schedule a colonoscopy.

MYTHS VS FACTS

Spicy foods and stress cause stomach ulcers

Stress does interfere with the GI tract, but not directly leading to ulcers

Your stomach can shrink in size if you eat less

Your stomach cannot shrink to a smaller size. It only stretches while eating

Changes in stool color always means something is wrong

Eating certain foods and medicines may change your stool color. Blood in the stool is not normal and may look red or black. Follow up with your provider if you see blood in your stool

Leaky gut is bad and is an indicator of inflammation

The gut is naturally leaky in order to absorb nutrients and water from digested food