

# EVENT RECAP

## EVENT DETAILS

### *Gastro Health 101*



In partnership with the  
*Biology Students Association*  
(Northwestern University)



**September 28, 2023**  
Webinar



**26 Attendees**  
Virtual



**Sheetal M. Kircher, MD**  
**Adam C. Stein, MD**  
Northwestern Medicine

## EVENT SUMMARY



Dr. Sheetal Kircher and Dr. Adam Stein led a webinar dispelling common myths on colorectal cancer, food, digestion, and gastro health.

The discussion was extremely insightful, addressing gastrointestinal questions about healthy bowel movements, the effects of probiotics and gluten on gut health, what to do about constant bloating, and the importance of colonoscopies and family history for colorectal cancer prevention.



## Testimonial

“Dr. Kircher and Dr. Stein did a great job explaining the common myths about gastrointestinal health that I was unaware of. The webinar was a safe place to ask questions and a friendly atmosphere that kept me engaged for the whole hour. Looking forward to more events hosted by the GH Foundation!”

Natalia Masnica