HOT TOPICS 2019

IBD PREVALENCE THREE TIMES HIGHER THAN PREVIOUS ESTIMATES

25% by 2025

IBD prevalence expected to rise by a quarter between 2017 and 2025

INCINCREASED RISK OF COLORECTAL CANCER

Crohn’s Disease and Ulcerative Colitis patients have a 23% and 43% increased risk of developing colorectal cancer

HALF OF COMMONLY-USED DRUGS PROFOUNDLY AFFECTING GUT MICROBIOME

18 commonly used drugs found to extensively affect gut microbiome

CHANGES IN GUT MICROBIOTA

Changes in gut microbiota linked to diabetes, liver disease, cancer and neurodegenerative diseases

PLANT-BASED FOODS AND MEDITERRANEAN DIET LINKED TO HEALTHY GUT MICROBIOME

FRIENDLY GUT BACTERIA

Legumes, bread, fish, nuts and wine associated with friendly gut bacteria

DECREASE IN BENEFICIAL BACTERIA

High consumption of meat, fast foods or refined sugar linked to decrease in beneficial bacteria

RESISTANCE TO ANTIBIOTICS USED TO TREAT HARMFUL STOMACH INFECTION DOUBLES IN 20 YEARS

750,000 PEOPLE

Antibiotic resistance kills more than 750,000 people per year

1% INCREASE EVERY YEAR

Resistance to commonly used antibiotics to treat H. pylori is increasing by 1% per year