

She's Got Guts

The Microbiome, Food & Women's Wellness

Millions of microorganisms live in & on our bodies. They comprise the human microbiome & affect us in healthy & unhealthy ways. Learn about advances in understanding these organisms; their impacts on women's physical & mental health; and how this knowledge can be used to improve wellness.

8:00 – 8:50 a.m. **REGISTRATION, COFFEE & VISIT EXHIBITS**

8:50 – 9:00 a.m. **WELCOME & INTRODUCTION**

Miriam A. Bender, JD, Chair, Women's Health Virginia

9:00 – 9:50 a.m. **NEW FRONTIERS OF UNDERSTANDING THE MICROBIOME**

Development & recent progress in research; goals & achievements of the NIH Human Microbiome Project

Lita M. Proctor, PhD, Director, Human Microbiome Project, Division of Genomic Sciences, NIH

9:50 – 10:35 a.m. **THE "WOMEN'S ONLY" MICROBIOME**

The vaginal microbiome & its impact on women's health, pregnancy, pre-term birth & the mother-child microbiome relationship

Jennifer M. Fettweis, PhD, Assistant Professor, Departments of Microbiology & Immunology and Obstetrics & Gynecology, VCU School of Medicine

10:35 – 11:00 a.m. **COFFEE & VISIT EXHIBITS**

11:00 – 11:45 a.m. **IT'S MORE THAN FOOD: THE MICROBIOME, OBESITY & RELATED DISEASES**

Impact on weight gain & development of diseases such as metabolic syndrome, cardiovascular disease, diabetes; potential for prevention & treatment

Amy E. Doran, MD, Assistant Professor, Department of Medicine, Division of Gastroenterology & Hepatology, UVA School of Medicine

11:45 a.m. – 12:30 p.m. **NEW PERSPECTIVES ON CANCER & THE MICROBIOME**

Links to cancer development & progression, using breast cancer as a model to uncover novel approaches for cancer prevention & treatment

Melanie R. Rutkowski, PhD, Assistant Professor, Department of Microbiology, Immunology & Cancer Biology, University of Virginia

12:30 – 1:30 p.m. **LUNCH**

Enjoy the meal, converse with speakers & colleagues, visit exhibits

1:30 – 2:15 p.m. **THE GUT-BRAIN CONNECTION**

Mental health, with focus on mood disorders, depression & anxiety

Alban Gaultier, PhD, Assistant Professor, Department of Neuroscience & Center for Brain Immunology & Glia, University of Virginia

2:15 – 3:00 p.m. **SHE'S GOT GUTS. . . & GUT DISORDERS**

Gastrointestinal disorders, including C Diff, IBS & IBD

Jill Gaidos, MD, FACG, Associate Professor, Division of Gastroenterology & Hepatology, Virginia Commonwealth University; Deputy Chief of the GI Section, Director of Inflammatory Bowel Disease, Hunter Holmes McGuire VA Medical Center

3:00 – 3:15 p.m. **STRETCH**

3:15 – 4:00 p.m. **THE AGING MICROBIOME, BODY & MIND**

Microbiome changes with age; issues of longevity, cognitive function

Rebecca Fuldner, PhD, Chief, Aging Physiology Branch, Division of Aging Biology, NIH National Institute on Aging

4:00 – 4:45 p.m. **BUILDING A HEALTHIER MICROBIOME**

Dietary & other factors that affect the microbiome; foods, probiotics & pre-biotics, antibiotics & anti-bacterial products

R. Ann Hays, MD, Assistant Professor, Department of Medicine, Division of Gastroenterology & Hepatology, UVA School of Medicine