

gutsy talk!

What's Up



Eating fads or a growing problem?

How often do you talk to people who say they are gluten free?..... Does it seem more and more often that you are coming across this? Do you sometimes think to yourself "This is just a Fad"?

The Reality is...

There definitely is an issue and it's called Coeliac disease. This is a Health issue that creates problems for people when they eat products containing Gluten.

If you have purchased Gluten free products at the supermarket recently you will know that this disease not only affects people's Health but also hits you in the back pocket as these products are often double the price and more of the non-gluten free version. See our article later titled "[What is Coeliac disease.](#)"

However, researchers are working towards a cure currently that will bring a smile to the face of Coeliac Patients. Professor Richard Garry has been involved in a joint project with Australian Medical Researchers that is showing excellent results. You can read about this further on, in the article titled "[Hook worms – Your friend or foe?](#)"

From Research we have undertaken, Inflammatory Bowel disease, (IBD) which covers Ulcerative Colitis and Crohn's disease is on the rise. During a ten-year period between 2004 and 2014 there was a 50% increase in the number of patients being diagnosed with Crohn's disease in Canterbury and anecdotally this continues to rise. Currently 1 in 80 people have Inflammatory Bowel disease. (In 2014 it was 1 in 100)

IBDs are usually diagnosed in young adults between the ages of 15 and 30. Children are twice as likely to be diagnosed with Crohn's as ulcerative colitis.

Currently diagnosis of young children with Crohn's, Ulcerative Colitis or Coeliac is extremely difficult as the diagnostic tools to evaluate the inflammation location extent and severity are colonoscopy or endoscopy. However, the invasiveness of these examinations limits frequent use particularly in children.

The Bowel and Liver Trust is hoping to help resolve this situation by helping fund some research based on a body of evidence that suggests that markers in urine and blood may be specific in detecting gut inflammation in patients with IBD. Read the full article on this research titled "[A Simpler, cost effective way of detecting Gut Inflammation](#)".





Calling for more...

GUTSY HERO'S!

Gutsy Hero's come in many shapes
and forms and we love them all.

If you think of research as
the food that helps grow our
medical knowledge...

- Some give us money
- Some help raise money
- Some volunteer their time and
get prizes for fundraisers
- Some volunteer their time to
help pass on knowledge
- Some run for us
- Some golf for us
- Some even party with us

... AND ON
IT GOES!



Meet the Cantabrians – They are Gutsy Hero's!

Annual Golf Tournament

Every year the Cantabrians run a Golf Tournament in which they have two purposes. The first is to raise funds for youth Rugby and the second to make a contribution to the Gut Foundation. Each year they present a cheque to us for approximately \$4500. We also get the opportunity to say a few words at the tournament and get more information out to the guests about the work of The Gut Foundation. There were other Gutsy Hero's at this Golf Tournament as all these companies regularly sponsor holes on behalf of the Gut Foundation. Abbott Group, Amalgamated Builders, Aotea Electric, Cascade Creek, Cuesko, Fulton Hogan, JFC Ltd, and this year Schindler lifts and Marchese Partners also joined in. We are extremely grateful for this support and hope you all had an enjoyable afternoon.

President of the Cantabrians
Don presenting a check
to our GM Margaret
Fitzgerald, from the
annual Golf tournament
they organise for both
youth Rugby and the
Gut Foundation.

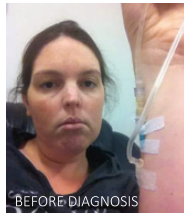
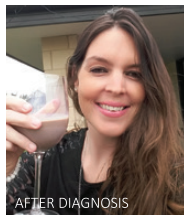


Meet Leanne – She's become a Gutsy Hero in 2017!

Leanne has Crohns and currently she will always have Crohns, as there is no cure for it.

This is what Leanne looks like today, she is vibrant and has more energy than a lot of people who are more healthy than she is.

This is what Leanne looked like a year ago. She found it difficult to get out of bed and had lost over 30kg. She was in this state for two years with an undiagnosed condition.



– WHAT A GUTSY HERO!! –

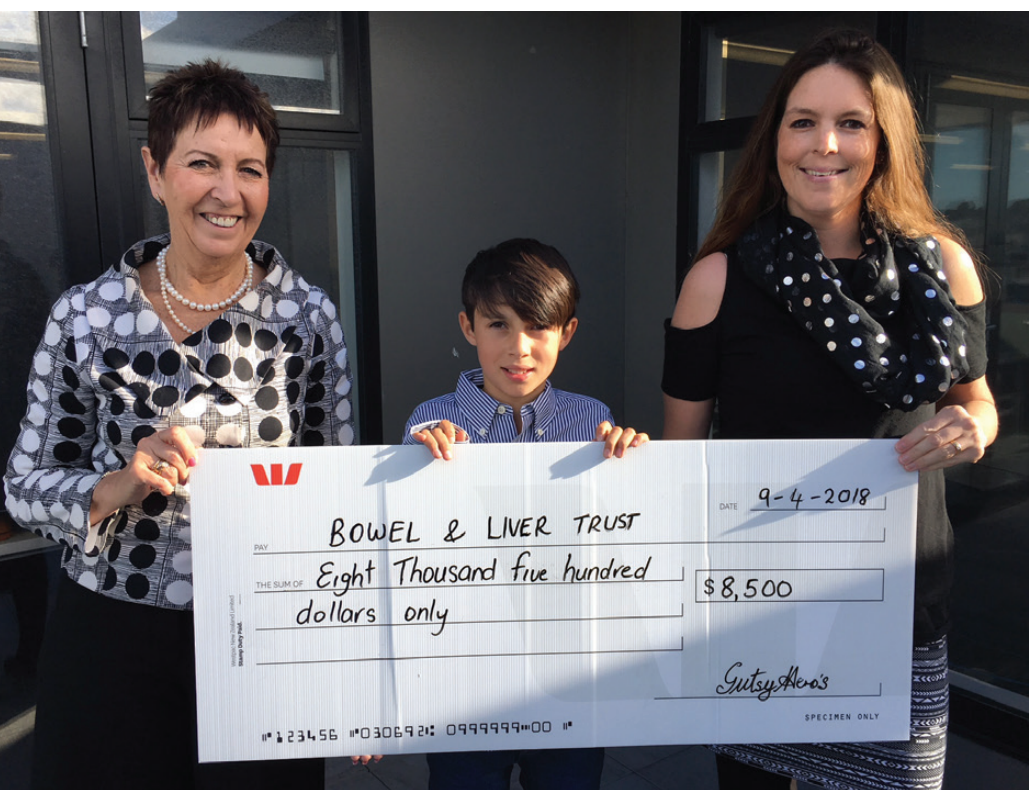
Because of the Endoscopy machine that other Gutsy Hero's had fund raised to buy for the CDHB Leanne was finally able to get a diagnosis after 3 years of feeling ill.

Leanne wanted to give back, and she did an amazing job. She got 181 people to donate to her cause with individual donations ranging from \$5 - \$70. She then got some of those people to get their own group going so that their \$20 donation turned into \$130 and in one case \$520. All up with friends and family and friends of friends and family, Leanne raised \$4301.20 which she took great delight in presenting to the Board and General Manager. But that wasn't where Leanne stopped and in 2018 she personally raised almost \$5,650!

Meet Finnian – He's our youngest Gutsy Hero!

In 2018 Finnian decided to raise 10 times his age through sponsorship for his entry into the Fun Run. Finnian was 10 at the time. This amazing young person ended up raising \$1568. This was not the finish for Finnian he decided that more people needed to know about the level of Gut disease in New Zealand so he approached his principal at his school to see if he could get his school involved in 2019 and is currently with their support putting a plan together. Let's see what Medbury School can do if one of their pupils at 10 can do this. It tells you that with young people like Finnian the world is in good shape.

Our Youngest Gutsy Hero Finnian Chan presenting a cheque to Derrick Abbott Chairman of the Board. Finnian raised \$1500 on his own in the Fun run



All up with friends and family and friends of friends, Leanne raised \$4,301.20. And in 2018 Leanne personally raised almost \$5,650

– become a gutsy hero –

SPOTLIGHT ON OUR SPONSORS

You will all be aware that every time we publish a newsletter we like to turn the spotlight on our sponsors at every opportunity. It's one way to say thank you and encourage our supporters to use their services whenever they can, and encourage other companies to join in our fight against Gut disease. Previously we told you about the fantastic support of the Abbott Group which continues to be as strong as ever.

I'm sure many of you know how expensive commercial rents are. Fixed costs like that are hard for a charity as they eat up donated money that we at the The Gut Foundation would rather see go to Research or diagnostic equipment or something else that will directly help the people who help us. Imagine how delighted we were when a company stepped up and said they would provide office accommodation for us. Cuesko being Cost Planners in Christchurch, (Auckland and Wellington) are of course absolutely aware of costs.

Next time you are in Christchurch take a stroll from the square down Worcester Street to Manchester Street and on that corner you will come across the Trinity Congregational Church in the process of being restored. What a wonderful project to have expert cost planners looking after the budget. I asked Cuesko Director Kean Mitchell for his thoughts on this project and he said "Restoring the heritage fabric of Christchurch is incredibly important and this project was particularly enriching. This is what we leave for future generations". Well by supporting us they are also leaving a legacy of better Gut Health for all of us.

It seems the Construction industry despite difficult economic times is populated with people with big hearts and two new companies were massive sponsors of the trust this year. Firstly, Marchese Partners who are newish to Christchurch were diamond sponsors at our James Bond Casino Royale event we held in September and they were joined as Platinum sponsors by ABL Construction. This was a fabulous night and along with our other fund raising such as our Golf tournaments which they both sponsored. We have been able to support the two great pieces of Research mentioned later in this newsletter.

These two companies will be working together to help Christchurch move forward with some exciting developments. Marchese Partners like Danielle Craig have won international acclaim for their work. Theirs is in Architectural design for over fifties living so watch this space and be ready to book yours!

ABL Construction were the perfect Platinum sponsor as they know what Platinum is all about having won the Platinum award. This is in recognition of outstanding achievement in commercial construction, and achieved by winning five or more national awards – the highest award achievable in the NZ Construction industry.

We are sincerely grateful for the support of all our Sponsors



*Our Gutsy Hero
T-shirts from
the fun run
supplied the gutsy
hero's at NZ
safetyblackwoods*



**NZ Safety
Blackwoods**



ABLCONSTRUCTION

marchesepartners

Join our **Gutsy Hero** team in the **CITY TO SURF** Sunday the **24th** of March 2019

Today 9 New Zealanders were diagnosed with Bowel Cancer, 3 of these diagnosed will die

3/9

Kiwi saver!

It's your money and good management of it could provide a donation to the trust –

Volunteers
DO NOT
necessarily
have the
TIME;
they have the
HEART

Relationships are really important to us here at the The Gut Foundation so when an opportunity is presented by one of our sponsors to further develop the relationship we have with them we jump at the chance. This year the Abbott Group came to us with a suggestion as to how our supporters could provide a donation to the trust whilst getting a benefit for themselves by making the most out of their Kiwi saver.

You will know that Kiwi saver provides a vehicle for employees to be able to save by way of direct deduction from their salary or wages, and benefits from a contribution by your employee. Did you know that it is also open to most people who aren't employed. Did you also know that with the right information and action you could be assured of getting a free top up of up to

\$521.43



Finally did you know that we can arrange for a visit to your workplace by a professional broker who will explain how to ensure you are getting the best out of your Kiwi saver and the outcome of that visit has the potential to provide a \$25 donation to the Trust.

Ask yourself these three questions.

1. Do you know who your Kiwi dollar is with?
2. Where is your money invested
3. How is your Fund performing?

If you can't answer these send us an email on info@thegut.org.nz with your contact details and we'll arrange for someone to contact you.





NEW Research!

Particularly important
to Canterbury

The Gut Foundation (previously The Bowel and Liver Trust), is aiming to provide support to Teagan Hoskin, an Assistant Research Fellow at the University of Otago, Christchurch. Teagan has extensive experience working in the field of IBD research, having previously coordinated at large study which recruited 500 patients. Her passion for improving health outcomes for people living with IBD stems from witnessing her younger brother's struggle with this debilitating disease for over 20 years.

The Gut Foundation has a long-standing interest in supporting research in the field of IBD, and have previously funded projects assessing IBD incidence rates in Canterbury. A study funded by the Trust in 2004 showed that Canterbury has one of the highest incidence rates of CD worldwide. Strikingly, a more recently funded study in 2014 indicated that the number of patients diagnosed with CD had increased by 50%. This highlights the importance of continued research in this field and underpins our ongoing commitment to support this vital work.

Currently, colonoscopy with biopsy is thought to be the best method for evaluating inflammation location, extent, and severity. However, the invasiveness of endoscopic examinations and unpleasant bowel preparation treatments required is a strong drawback for the use of this procedure, especially in children. Encouragingly, there is a growing body of evidence to suggest that non-invasive markers measured in the urine and plasma may be specific in detecting gut inflammation in patients with IBD. The potential of non-invasive markers to identify patients with IBD, monitor their treatment outcomes, and to assess their risk of relapse is an appealing prospect. Gastroenterologists

would therefore be able to diagnose IBD at a much faster rate by eliminating the wait time for a colonoscopy. In addition, they would be able to individualise treatment by prescribing more powerful drugs to patients at risk of relapse, while patients at reduced risk would avoid these more powerful drugs.

The overall objective of this project is to determine whether levels of novel markers of inflammation measured in the blood and urine will correlate with disease severity in patients with IBD.

Several studies have assessed the ability of fecal calprotectin to reflect disease severity in patients with IBD. However, this marker is not sensitive or specific enough to eliminate the need for invasive endoscopic examinations. Consequently, the proposed research is vital to enable identification of novel markers of inflammation that better reflect disease severity and limit the need for colonoscopy.

The proposed research represents an exciting opportunity for an experienced researcher. Identification and validation of non-invasive markers that have the ability to reflect disease severity has the potential to aid in the diagnosis and assessment of IBD. If validated, non-invasive inflammatory markers could reduce the need for invasive investigations such as a colonoscopy. This would be particularly

beneficial for children, who often have to undergo several unpleasant procedures before obtaining an accurate diagnosis of IBD. A delay in diagnosis and appropriate treatment can then ultimately lead to poor physical and mental wellbeing, and educational progress. Better tools for the ongoing assessment and diagnosis of gut inflammation should lead directly to improved outcomes for children and adults with IBD.



What is **COELIAC DISEASE?**

Coeliac disease (sometimes spelled as celiac, pronounced see-lee-ak) is a condition where the immune system damages the small bowel (intestine) following ingestion of gluten containing foods. Gluten is a protein found in cereals: wheat, barley, rye and oats.

Inside the healthy small bowel, there are many long finger-like projections, called villi, whose job is to absorb nutrients from the food we eat. In coeliac disease, these villi are damaged (becoming flat) with other changes beneath the surface of the bowel wall, which interrupts nutrient absorption. This can lead to various symptoms.

Who gets coeliac disease and how common is this condition?

About 1 in every 80 people in NZ has coeliac disease. Many of these people are unaware that they have coeliac disease.

Generally anyone who has a coeliac gene who eats foods containing gluten, regardless of age and gender, can get coeliac disease. About half of our community has one or both of the coeliac genes, (called HLA DQ2 or HLA DQ8), but not everyone who has one of the genes will get coeliac disease. As well as having the genes and eating cereals, other factors (such as infections) are also relevant.

If you have an immediate family member (e.g. a parent, sibling or child) who has coeliac disease, then you have a 10% chance of also developing coeliac disease compared to the general population.

What symptoms will you get if you have coeliac disease?

Symptoms of coeliac disease can be gut-related, non-specific or a combination of both. Some people can have no symptoms at all. Common symptoms include

- Diarrhoea/loose stools
- Constipation
- Vomiting
- Tiredness, or iron deficiency
- Weight loss
- Frequent mouth ulcers
- Poor growth (children)



How is coeliac disease diagnosed?

Firstly, discuss your symptoms with your doctor. It is important that you keep eating what you normally eat while tests are undertaken. The next step will be a blood test to look for increased coeliac antibodies. Depending on the blood test results, you may need then to see a gut specialist (gastroenterologist) to have an endoscopy, a procedure which involves passing a skinny tube into the gut via the mouth to collect some small intestine tissues. This is commonly performed under sedation for adults and general anaesthetic for children.

How is coeliac disease treated?

If your doctors confirm that you have coeliac disease, the only current treatment is to strictly avoid gluten-containing foods for life (a Gluten-Free Diet). Most people will start to feel better soon after starting the diet. Meeting with a dietitian is essential to help you to manage gluten-containing diet and maintain healthy diet otherwise. Maintaining a life-long strict gluten-free diet can be challenging but information and support is available for people with coeliac disease to self-manage. There are many Recipes books now available for Gluten-free diets and googling Gluten free recipes will present a multitude of ideas.



 *Gluten is a protein found in cereals: wheat, barley, rye and oats.* 

CASINO ROYALE CHARITY EVENT FUNDRAISER

A night for reinvention

As an organization that funds research and education we know that with the right support our researchers can totally reinvent life as we know it. In fact, they have done just that and continue to do that so long as we keep supporting them.

Our major fundraiser this year was based around the movie "Casino Royale". We not only wanted to provide people with a memorable night out but also convey a message of the importance of reinvention. Casino Royal premiered in 2006 and received overwhelming positive critical response to Daniel Craig's, reinvention of James Bond, and the films departure from the tropes of previous Bond films.

Communicating the opportunity that always exists to reinvent a status quo is dear to our hearts. This is what our researchers are constantly seeking.

A big thanks to all of you who supported this event.



Want to know more, become a volunteer, or donate to the Foundation?

get in TOUCH!

www.thegut.org.nz

