

“Trust Your Gut”



Sept. 21, 2015



HASHEM EL-SERAG, M.D.

Dr. Hashem B. El-Serag is the Dan L Duncan Professor of Medicine at Baylor College of Medicine and chief of the gastroenterology and hepatology section. He also is director of the Texas Medical Center Digestive Diseases Center, one of only 14 NIH-funded centers in the country. Dr. El-Serag leads the Cancer Prevention and Population Sciences Program at the NCI-Comprehensive Designated Dan L. Duncan Cancer Center.

He is best known for his research in liver cancer, the hepatitis C virus and gastroesophageal reflux disease. Dr. El-Serag has published more than 370 articles, obtained more than 40 research grants and won numerous awards, including the American Gastroenterology Association's Masters Award in Clinical Research. He was named in Thomson Reuters' *The World's Most Influential Scientific Minds: 2014* in the area of clinical medicine. Dr. El-Serag also is a highly sought after physician and has been listed numerous times in *Best Doctors in America*, *Texas Superdoctors* and *Houston's Best Doctors*.



JOSEPH PETROSINO, PH.D.

Dr. Joseph Petrosino is an associate professor of molecular virology and microbiology and the director of the Alkek Center for Metagenomics and Microbiome Research at Baylor College of Medicine. He holds joint appointments in the Human Genome Sequencing Center and the Department of Ophthalmology, and is a member of the Cell and Molecular Biology and Translational Biology and Molecular Medicine programs. He also is the founder and chief scientific officer for Diversigen, a BCM Technologies start-up company offering microbiome research services.

Dr. Petrosino is a principal investigator for the NIH Human Microbiome Project (HMP) and developed strategies with which microbial communities from diverse body sites and niches may be compared with minimal technical bias. These efforts have led to study design standards that are being implemented internationally. He has authored over 80 original papers, including the HMP flagship manuscripts in *Nature*, collaborative studies examining microbiome associations with Cystic Fibrosis, pregnancy, nutritional intervention in colitis, rotavirus infection, and the shaping of the microbiome from birth. Among other projects, Dr. Petrosino currently is leading a \$15 million study of how the microbiome is associated with Juvenile (type 1) Diabetes – the largest single clinical microbiome study to date. He is an American Society for Microbiology Distinguished Lecturer and a two-time honoree of the Houston Men of Distinction.

WHAT TO KNOW ABOUT ESOPHAGEAL CANCER

The most common type of esophageal cancer in the United States is adenocarcinoma, and it is the fastest rising cancer in Caucasian men in this country. Risk factors for esophageal cancer are potentially modifiable and thus this cancer can be prevented to a large extent. These risk factors include:

- Gastroesophageal reflux disease (GERD)
- Obesity (especially abdominal obesity)
- Smoking
- Older age
- Family history
- Barrett's esophagus

Barrett's esophagus, a precursor lesion to adenocarcinoma, can be detected through an endoscopy. People who are obese or have chronic acid reflux should consider having an endoscopy to be screened for Barrett's and adenocarcinoma.

A patient's overall health can help decrease the risk of esophageal cancer. By maintaining a healthy weight, increasing dietary fiber, fruit and vegetable intake and not smoking, the risk can be significantly reduced. Patients with GERD should be treated and checked for Barrett's esophagus if they have had GERD for several years.

Radiofrequency ablation and endoscopic mucosal resection are new therapies that remove Barrett's esophagus and early cancer, and are available at Baylor's gastroenterology clinic.

ACID REFLUX SURVIVAL GUIDE

Symptoms of acid reflux include:

- Heartburn
- Acid regurgitation
- Chest pain
- Bitter taste in the mouth
- Belly discomfort
- Unexplained cough
- Sore throat

Healthy habits can ease the symptoms:

- Modifying eating habits may alleviate reflux symptoms.
- Avoid high-fat foods, wine, strawberries and chocolate.
- Ask your doctor if you need to lose weight.
- Take a brief walk after meals. Lying down will make your symptoms worse.

FOR GASTROENTEROLOGY APPOINTMENTS, CALL 713.798.0950

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WHY STUDY THE MICROBIOME?

Within the body of a healthy adult, microbial cells are estimated to outnumber human cells by a factor of 10 to one. The total number of genes in the human microbiome may exceed the total number of human genes by approximately a factor of 100 to 1. These microbial communities comprise what is known as the “human microbiome.” Until recent years, the human microbiome has been largely unstudied, leaving its influence upon human health largely unknown. Traditional microbiology has focused on the study of individual isolated species, with more than 80 percent of organisms having never been cultured successfully. However, advances in DNA sequencing technologies have created the ability to examine microbial communities, including uncultivable organisms, both in terms of the organisms present and the genetic functions these organisms encode.

Knowledge of how the microbiota impact and/or respond to disease is key for developing treatments that can reduce symptoms or eliminate infectious disease. Furthermore, microbiome-associated diagnostics may be more sensitive for detecting certain diseases and/or predicting susceptibility to others so that appropriate precautions can be made.

The Alkek Center for Metagenomics and Microbiome Research, along with collaborators in the Department of Molecular Virology and Microbiology and the Human Genome Sequencing Center, have been pursuing diverse projects in metagenomics and microbiome research. These projects are expected to produce results that may translate directly into therapeutics and diagnostics that impact human health. Among these are projects studying inflammatory bowel disease (IBD), obesity, diabetes, asthma and allergies, cognition and memory, numerous infectious diseases and cancer.

For more information on the important research going on at the Alkek Center for Metagenomics and Microbiome Research, visit the Center on the Web at <https://www.bcm.edu/research/centers/metagenomics-and-microbiome-research/>.

The Partnership Calendar of Events

2015-2016

EDUCATIONAL LUNCHEONS

All luncheons take place at the Junior League of Houston, 1811 Briar Oaks Lane. Registration is at 11:15 a.m., and the program and lunch start at 11:45 a.m. Register online: <https://connect.bcm.edu/partnershipevents>

NOVEMBER 17, 2015

A Life Well Lived: Exercise and Nutrition

Dr. Thomas Baranowski, Dr. Teresia O'Connor and Dr. Stephen Sigworth discuss obesity in children and adults.

JANUARY 19, 2016

I Think Therefore I Am: Hot Topics in Mental Health

Dr. Sanjay Mathew, Dr. Diane Treadwell-Deering and Dr. Stuart Yudofsky consider the autism spectrum and mental health issues in children and adults.

MARCH 29, 2016

You Are Unique: What's Your Formula?

Dr. Erez Aiden and Dr. Amy McGuire review the latest advances in human genome research and its ethical implications.

MAY 17, 2016

In Search of the Fountain of Youth

Dr. Anthony Brissett, Dr. Mauro Costa-Mattioli and Dr. Jeffrey Steinbauer talk about strategies for preserving youthfulness, internally and externally.

GRAND ROUNDS TOURS

Members-only tours are 10 a.m. - 11:30 a.m., with limited registration and times and dates subject to change.

OCT. 20, 2015

Baylor Aesthetics Clinic

DEC. 1, 2015

Center for Space Medicine

FEB. 10, 2016

Open Heart Surgery Viewing

APRIL 12, 2016

Ben Taub Hospital

SPRING SOIREE

APRIL 8, 2016

The Magic of Motown

For one night, Houston becomes Hitsville U.S.A. for non-stop "Dancing in the Street" to honor the memory of legendary philanthropist and Baylor trustee Lee Hage Jamail.

This evening of Motown Sound at Revention Music Center, 520 Texas Avenue, benefits the Lung Institute at Baylor College of Medicine. It is brought to you by co-chairs Robin Young-Ellis and Carol Sawyer. Philanthropists Lester and Sue Smith are honorary chairs.

For more information on tickets and sponsorship, please contact us at partnership@bcm.edu or 713.798.5460.

Interested in learning more?

Fill out this section, return it to the registration table and a Baylor representative will contact you or visit our website at bcm.edu/the-partnership.

Please contact me about...

- Becoming a member of the Partnership
- Sponsorship opportunities
- Finding a Baylor physician

Name: _____

Email: _____

Phone: _____

BAYLOR EVENTS OF INTEREST

SEPT. 24, 2015

SICK

The Center for Medical Ethics and Health Policy and a host committee chaired by The Partnership's Doe Florsheim present a play and panel discussion at Classical Theater Company beginning at 5:30 p.m. RSVP online [bcm.edu/centers/medical-ethics-and-health-policy/contact-us/sick-rsvp] for this free event.

SEPT. 25, 2015

Stiletto Strut

The Neiman Marcus Stiletto Strut and Luncheon for the Lester and Sue Smith Breast Center starts at 11 a.m. at Neiman Marcus Houston Galleria. Buy Stiletto Strut tables and tickets online [connect.bcm.edu/stiletto-strut-2015] or call Melanie McClain at 713.798.4852.

OCT. 10, 2015

Baylor College of Medicine Wellness 5K

Partnership members are encouraged to participate in or volunteer at this race/walk that supports medical student-run healthcare outreach programs. The Partnership is a platinum race sponsor. It begins at 8 a.m. in the Texas Medical Center. Visit the website [bcm.edu/giving/wellness5k] for more information.

OCT. 28, 2015

The Huffington Women's Health Summit

The event features a morning educational forum and a luncheon and awards program with keynote speaker Marlo Thomas. For table prices and reservations, please contact Diana Fincher at 713.798.3837.

JOIN THE PARTNERSHIP OR RENEW YOUR MEMBERSHIP NOW

You won't want to miss any of the exciting educational and social events we have planned for the new season of The Partnership for Baylor College of Medicine, so join or renew your membership, invite your friends and start having fun today!

All members enjoy:

- Invitations to all Partnership events, educational programs and tours
- Updates on cutting-edge health news from the College
- Opportunities to meet some of the best minds in medicine today

MEMBER LEVELS

Supporting Member – Annual Dues \$50

Patron Member – Annual Dues \$200

Endowed Lifetime Member – One Time Fee of \$1500

All membership fees are fully tax deductible.

For more information about membership, please contact partnership@bcm.edu or 713.798.5460.

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