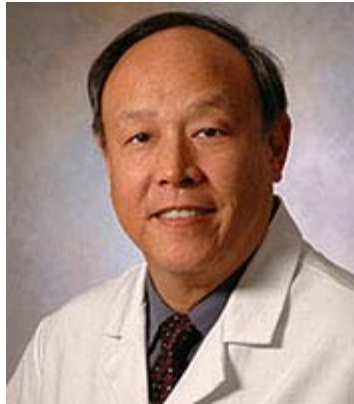


## "To Your Health: What You Should Know About the Microbiome"



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One challenge of this millennium is dealing with the onslaught of “new age” complex immune disorders like inflammatory bowel diseases, type 1 diabetes, Celiac disease, asthma, rheumatoid arthritis, and more common diseases such as colon cancer, type 2 diabetes, and obesity. The insidious increase in these diseases over the past several decades is likely due to shifts in environmental factors and societal norms brought on by cultural Westernization. Accompanying these shifts are also dramatic changes in the human microbiome of the gastrointestinal tract, a community of trillions of microbial organisms that together function as an “acquired” organ of our bodies, essential to sustaining health.

The relationship of intestinal microbiota and the human host is fundamental to our health and, when disrupted, the consequences can be catastrophic. In genetically susceptible individuals, these factors can potentially trigger events that disturb immune and metabolic homeostasis, initiating the development of disease.

Over the course of four decades, Dr. Chang has made groundbreaking contributions to understanding the microbiome and its impact on the health and wellness of the human body and mind. His work has implications for all kinds of health related issues - obesity, asthma, autism, and we are just beginning to understand its implications for cancer, heart health and even neurodegenerative diseases like Alzheimer’s.