

News release

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For immediate release

Residents reminded of good digestive health

People in Leicester, Leicestershire and Rutland are being reminded about the benefits of good digestive health to save them from future discomfort.

One in three people will suffer with a digestive disorder at some point in their lifetime. The most common digestive complaints are indigestion and heartburn. Digestive health covers a wide range of conditions including irritable bowel syndrome, coeliac disease, Crohns disease and stomach ulcers.

As part of National Gut Week, which runs from 22- 28 August, the Leicester, Leicestershire and Rutland PCT Cluster is educating residents on how to keep their stomachs free from digestive problems.

Gulshinder Johal, senior dietician speaking on behalf of the Leicester, Leicestershire and Rutland Cluster, said: Many foods we eat can have an effect on our digestive systems. Eating too much spicy, rich and greasy food can cause all sorts of unpleasant side effects including indigestion, heartburn and diarrhoea.

“Increased physical activity, small dietary changes and reduced stress levels can really help to boost your digestive health. Eating fruit and vegetables as part of your diet instead of reaching for greasy snacks and replacing refined cereal foods with wholegrain varieties can really increase fibre and wholegrain intake which can help prevent some digestive cancers.

“Drinking plenty of water can also help prevent constipation and bloating. Try lighter options at meal times if you suffer with indigestion and heartburn and don’t go to bed on a full stomach as your food may not settle and you could be in for an uncomfortable night’s sleep.

“Some digestive disorders can be caused by the body’s intolerance to certain foods such as wheat and gluten found in bread and dairy found in milk and cheese. If you think you have intolerance to certain food groups, or are worried about your digestive health, make an appointment to see your GP.”

For more information on National Gut Week visit www.loveyourgut.com or visit www.leicestercity.nhs.uk/foodandnutrition to get more advice on a healthy diet.

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For interviews or more information please contact media officer Liz Thomas on 0116 295 4123 or liz.thomas@leicestercity.nhs.uk

Notes to editor:

The Leicester, Leicestershire and Rutland PCT Cluster is the operating name for NHS Leicester City PCT and NHS Leicestershire County and Rutland PCT.