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Probiotics: Better life!

It is quite humbling to know that most of the cells in our bodies are bacterial cells. Moreover, the bacterial system is the largest organ in our body. There are more than a thousand different species in our body that lives in harmony with us. It is therefore a good reason that is helping us to stay healthy. The science of probiotics is mounting exponentially. There is a huge amount of research being done all over the world to demystify this unique system. The role of probiotics in clinical practice is expanding very fast, it is indicated in various gastrointestinal disorders, for example, diarrheal illnesses whether that is infectious (Rota, C. Diff, etc.) or antibiotic-induced or inflammatory in nature like inflammatory bowel disease. Others may include irritable bowel syndrome, recurrent abdominal pain and several others. A hostile environment like birth by cesarean section, formula fed, frequent use of antibiotics or severe chronic illness may affect the probiotic milieu negatively. These kinds of patients may benefit from restoring their bacterial system. Strong evidence-based practice guidelines by international societies are limited, giving a huge number of different probiotics and the substantial differences in the methodology of these studies.

Biography

Mohamad Miqdady is an American board certified in Pediatric Gastroenterology, Hepatology and Nutrition. He is the Division Chief, Pediatric Gastroenterologist, Hepatology & Nutrition Division at Sheikh Khalifa Medical City in UAE. He is also an Adjunct Staff at Cleveland Clinic, Ohio USA. He has completed his Fellowship in Pediatric Gastroenterology at Baylor College of Medicine and Texas Children's Hospital in Houston, TX, USA. He held the position of Assistant Professor at Jordan University of Science and Technology in Jordan for six years prior to joining SKMC. His main research interests include feeding difficulties, picky eating, obesity, procedural sedation, allergic GI disorders and celiac disease. He has several publications and authored few book chapters and on the Editorial Board of few journals including *Gastroenterology & Hepatology*.

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