

## **Gut microbiota and cancer, the importance of lifestyles: Designing a project. Sanchez C (Madrid/ ES)**

All of us are provided with a unique gut microbiota profile that plays many specific and beneficial functions. We have a balance established, and when it is disrupted we call it dysbiosis. This plays an important role in many diseases including cancer. Changes in our lifestyle involves changes in our gut microbiota, implicating future prevention and treatment strategies.

Key points:

1. Gut microbiota: the 5W

Who, What, When, Where and Why. Introduction to the world of the gut microbiota

2. Microbiota, inflammation and disease

Mechanisms correlating microbiota, host immune system and the development of different diseases.

3. Healthy diets

Discussion about the theoretical implication of healthy diets. A review of the literature: plant-based (vegetarian/vegan), ketogenic and mediterranean.

4. Cancer and microbiota

What we know until now. Future strategies.

5. Designing a project and Q&A round