

## **Probiotic & Prebiotic Prescribing Practices: Empowering Medical Doctors for Improved Patient Health**

October 15, 2024 – Corinthia Palace, Malta

The International Society of Microbiota is pleased to host a new workshop on October 15, titled "Probiotic & Prebiotic Prescribing Practices: Empowering Medical Doctors for Improved Patient Health."

### **Objective:**

The workshop's goal is to equip medical professionals with in-depth knowledge of the clinical applications of microbiota research, emphasizing the prescription of probiotics and prebiotics, the future potential of these treatments in health and disease.

### **Target Audience:**

This workshop is designed for a diverse group of health professionals, including: Medical Doctors and Practitioners, Nutritionists, Gynecologists, Cardiologists, Neurologists, Oncologists, Medical Researchers with an interest in microbiota, Industry Representatives eager to share their innovations with the medical community.

### **What questions will shape our prebiotic and probiotic discussions at the workshop?**

- 1. How can we incorporate the latest research on the microbiome for the best outcomes?*
- 2. What challenges and opportunities exist in the current use of probiotics and prebiotics?*
- 3. In what ways can next-generation probiotics, prebiotics, and metabolites revolutionize patient care?*
- 4. How do we select and provide the right probiotics, prebiotics, or metabolites to patients in 2024?*
- 5. How can patient education on probiotics and prebiotics be improved for better self-management?*
- 6. What role do probiotics and prebiotics play in personalized medicine and patient-specific treatments?*
- 7. How can regulatory standards for probiotic and prebiotic products be enhanced to ensure quality and efficacy?*
- 8. How to ensure marketing does not overshadow evidence-based probiotic and prebiotic benefits?*
- 9. What is the optimal mode of probiotic/prebiotic administration: tablets, food, or fermented products?*
- 10. What are the established safety limits for probiotic and prebiotic consumption?*

## Workshop Program

14h00 – **Welcome and Introduction.**

14h10 – **Targeting the Microbiota by Medical Professionals: Where are We Now?**

- Addressing current state-of-the-art and the tools that made this possible
- Progress in using the microbiota as a therapeutic target
- Commercial companies that jump into this space to predict and improve health

14h40 – **Hot Topic: Prescribing Probiotics & Prebiotics Effectively**

- Criteria for selecting appropriate probiotics for different health conditions in 2024.
- Guidelines for timing and duration of probiotic therapy.
- Case studies on effective probiotic usage in clinical settings.
- Safety and efficacy considerations for specific probiotic strains.
- Insights into clinical studies from the industry.
- Innovations in probiotic formulations with new strains and metabolite products.
- Potential clinical applications and implications for future research.

**15h20 – 16h15** *Coffee Break & Probiotic Exhibitors Visits*

16h15 – **Diverse & Innovative Applications of Microbiota Modulation**

- Fecal microbiota transplant for *C. difficile*, and other diseases and disorders.
- Microbiota modulation for obesity.
- Gut-microbiota-brain axis.
- Cancer and immunotherapy.
- Targeting Microbiota-Mitochondria: impact on metabolism

17h15 – **Innovations & Clinical Cases Selected by the Scientific Committee from Companies and Industries**

If you wish to showcase your product, kindly [contact us](#).

17h30 – **Round table discussion with Doctors & Attendees: Different Points of View**

17h45 – **End of Workshop**

***Videos on demand and abstracts book will be available after the meeting.***