



AACP Australian Chapter presents:

Pain, Mood and the Microbiome: The Brain-Gut Axis.

Melbourne, Saturday 13th October 2018

DATES & TIMES

Saturday 13th October 2018

VENUE

MELBOURNE
PARK ROYAL Melbourne Airport,
Arrival Dr, Tullamarine VIC 3045

COSTS

AACP Members \$120
Non Members \$220

INCLUDES

Registration 10am -10.30am
Morning session starts 10.30am
Event finishes at 5:00pm

Morning tea, lunch and afternoon
tea provided. In the submission
form please advise us on any
dietary needs you may have.

REGISTER ONLINE

<https://bit.ly/2w62lef>

CONTACT US

conference@aacfp.com.au
www.aacfp.com.au

Pain, Mood and the Microbiome: The Brain-Gut Axis.

The Brain-Gut axis follows a bidirectional communication pathway between the central nervous system and the enteric nervous system, linking emotional and cognitive centres of the brain with peripheral intestinal functions.

Microbes in the intestines are represented by a wide variety of bacterial species. They can exert numerous effects on the intestinal neuro-endocrine-immune complex and as such influence a variety of host functions such as metabolic activity, immune response and physiological function. Additionally, there is now an overwhelming body of evidence to tell us that an unhealthy diet, in addition to increasing the risk for chronic physical disease, is also a key risk factor for psychiatric illnesses, including depression and anxiety. Finally, the influence of lifestyle and behaviour on the gut microbiome and the association with 'leaky gut' and chronic inflammation has been widely documented.

What is not known is how to integrate all this knowledge into a meaningful therapeutic modality so that we can better manage the various Brain-Gut symptoms which our chronic pain patients present with.

The AACCP Australian Chapter will present to you 4 of the leading professors, clinicians, and researchers in the field of Chronic pain, Mood and the Microbiome catapulting you to the forefront in knowledge in this major field dealing with the Brain-Gut axis.

This is a must see event. It is also a great meeting to attend for an introduction to the AACCP March 2019 Symposium discussing Biological Stress.

Register at : www.bit.ly/2w62lef



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FELICE JACKA

Minding your microbiome: how the gut can influence the body and brain

Professor Felice Jacka is an NHMRC Career Development Fellow at Deakin University where she is director of the new Food & Mood Centre. She is founder and president of the International Society for Nutritional Psychiatry Research (ISNPR) and immediate past president of the Australian Alliance for the Prevention of Mental Disorders (APMD).

Professor Jacka has pioneered and led a highly innovative program of research that examines how individuals' diets interact with the risk for mental health problems. Her current work focuses closely on the links between diet, gut health and mental and brain health. This research is being carried out with the ultimate goal of developing new, evidence-based prevention and treatment strategies for mental disorders.



LUIS VITETTA

The Microbiome and Cannabis in Pain Management.

The brain-intestinal axis follows a bidirectional communication pathway between the central nervous system and the enteric nervous system, linking emotional and cognitive centres of the brain with peripheral intestinal functions. Microbes in the intestines are represented by a wide variety of bacterial species. They can exert numerous effects



NISCHAL SINGH

Trigeminal Vagal Balance and the Brain-Gut Axis

Whilst there is significant emerging data highlighting the role of the gut microbiota in CNS health and disease, including chronic pain, little attention is paid to the role of Trigeminal irritation and downstream alteration of Gut function.

In this presentation, the emerging understanding of the neurology behind Trigeminal Vagus Nerve Interaction in chronic pain will be explored. Using a full clinical case demonstration, the value of calming the irritated Trigeminal nerve down in restoring a dysfunctional gut system will be shown supporting the developing philosophy of the role of Sympathetic Parasympathetic balance in chronic illness.

on the intestinal neuro-endocrine-immune complex and as such influence a variety of host functions such as metabolic activity, immune response and physiological function. It has been posited that the microbiome is a regulator of visceral pain. This presentation will overview the role of the microbiome in modulating physiological pathways associated with pain and the role that cannabis medicines may have in pain management.

Luis Vitetta is Director of Medical Research at Medlab Clinical and Professor with the University of Sydney, Sydney Medical School. Between the years 2007 – 2013 he was the Director and Professor of the Centre for Integrative Clinical and Molecular Medicine at the University of Queensland, School of Medicine, based at the Princess Alexandra Hospital in Brisbane. Luis has research interests in the microbiome/nutrition/probiotics and immune function area, as well as research on cannabis medicines.



JOSEPH RYAN

The Oral Microbiome link to neuroinflammation and the potential therapeutic effects of photobiomodulation

Dr Joseph Ryan will be discussing the potential links between immune dysregulation by the oral microbiome and the potential links this has to not only to chronic inflammation but also to chronic neuroinflammation. I will also be discussing photobiomodulation's therapeutic effects on inflammation and neurological disorders (amongst others) and the latest research on photobiomodulation's possible influence on the oral microbiome.

Dr. Joseph Ryan is a Dentist from Canberra who is currently the Senior Dentist for ACT Health working in the hospital, public clinics and in the Canberra Prison. Joseph also works in the private sector at Symmetry Dental with his father and two brothers. Joseph graduated from Sydney University with a Bachelor of Medical Science Degree in 2009 and Dentistry from Charles Sturt University in 2014.

Joseph was the only student in his graduating class to complete a two years research honors that he graduated with First Class Honors in, in 2016. Joseph was awarded winner of the International Association of Dental Research (IADR), Western region competition for 2015 on pain perception and changes in masseter muscle activity during clenching exercises with isotonic and hypertonic bolus injections.

Joseph is currently studying a Masters of Pain Medicine at Sydney University and has recently been invited to start his Doctorate of Clinical Dentistry in the Oral Medicine program at Melbourne University. Joseph is a regular speaker for the Australian Medical Laser Association at the Brain and Mind Institute.