



SCI FORUM

Northwest Regional Spinal Cord Injury System
University of Washington • 2018



Wednesday, November 28 at 7:00 PM

Hospital Cafeteria (Plaza Café) Conference Room A/B/C
University of Washington Medical Center, 1959 NE Pacific St., Seattle, WA, 98195

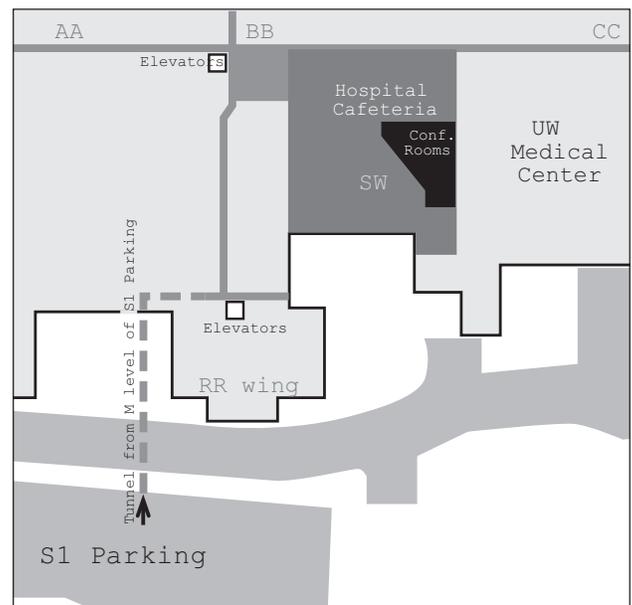
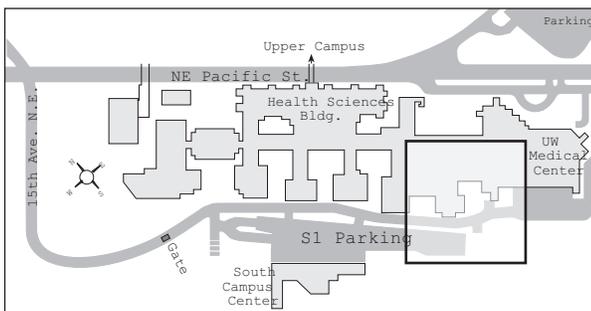
Probiotics: What Are They? Should I Take Them?

We often hear that probiotics are good bacteria for our guts—but why? What makes certain bacteria “good” or “bad”? And does taking a daily dose of probiotics really help us? Associate Professor **Will DePaolo, PhD**, director of the University of Washington’s new Center for Microbiome Sciences and Therapeutics (CMiST), will break down the science behind these live micro-organisms, which have received much attention in the recent years from researchers, manufacturers, and the wider public. DePaolo’s talk will focus on the importance of recognizing that everyone’s microbiome (the bacteria that live inside and on our bodies) is different, debunking the widespread idea that every probiotic is good for every person, condition, or disease. **Rina Reyes, MD**, associate professor of Rehabilitation Medicine and SCI physician at the VA Puget Sound Health Care System, will then talk about what is currently known about probiotics for individuals with SCI. **Continuing Education Credits** will be available for physical and occupational therapists: 1.5 contact hours. Certificates will be provided.

5:30 PM - 6:30 PM Meet & Greet! Meet in the hospital cafeteria to socialize, network and eat (buy or bring dinner) before heading to the forum. No RSVP—just show up!

How to get to the forum:

- Enter the S-1 parking lot off 15th Ave NE. Stop at the gatehouse to purchase a parking pass (\$5).
- Park on the M level (see map below).
- Take the tunnel labeled “Hospital” into RR wing (see map on right) and take the elevator up to first floor.
- Go down the hall; the cafeteria (Plaza Café) will be on your right.



Enlargement of inset area from left.

SCI Forum Schedule

More SCI Forums are coming in 2019!

Check our website for up-to-date information: ***sci.washington.edu/forum***

Subscribe to receive announcements of upcoming forums: ***sci.washington.edu/subscribe***

The SCI Forum is an evening information and discussion program focusing on topics relating to life with spinal cord injury. For more information, contact Cynthia Salzman at 206-685-3999 (csalzman@uw.edu), or visit our website at <http://sci.washington.edu/forum>.
Open to the general public.