



## Doctor: Antibiotics May Disrupt Gut Health for Months

### Description

Gut health is very important for overall well-being, beyond just helping digestion. The gut absorbs nutrients and supports the immune system. It also affects the brain, heart, and other organs. Problems with gut health can show up as symptoms like bloating, reflux, or irregular bowel movements. These could indicate deeper health issues.

Dr Kunal Sood, an expert in pain medicine, shared five key facts about gut health, including common concerns like bloating and constipation. He talked about the importance of fibre and how antibiotics affect the gut microbiome, which is the community of microbes in the gut. In a video, he explained that gut issues are clinically important and can affect the body's functions before serious diseases appear.

Dr Sood mentioned that daily bloating is not normal and could signal problems like gastrointestinal disorders or poor nutrient absorption. He described constipation as having fewer than three bowel movements per week, often with hard stools. This happens when the colon absorbs too much water from the stool, making it hard to pass.

Chronic heartburn can harm the oesophagus, leading to serious conditions. Antibiotics can disrupt gut bacteria for months, affecting the microbiome's balance. He advised only using antibiotics when essential.

Finally, Dr Sood recommended aiming for 25 to 38 grams of fibre daily to maintain good gut health, as fibre supports beneficial gut microbes and improves digestion.

### Comprehension Questions

#### Multiple Choice

1. What is gut health primarily important for?

- Option: Digestive health
- Option: Overall well-being
- Option: Skin health
- Option: Mental health

2. What are symptoms of poor gut health?

- Option: High energy levels
- Option: Bloating and reflux



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Option: Improved memory

Option: Healthy skin

3. How does Dr. Kunal Sood describe constipation?

Option: Having more than five bowel movements a week

Option: Having fewer than three bowel movements per week

Option: Having normal bowel movements

Option: Having consistent diarrhea

4. What is the recommended daily intake of fibre?

Option: 10 to 20 grams

Option: 15 to 25 grams

Option: 25 to 38 grams

Option: 30 to 45 grams

5. What effect do antibiotics have on the gut?

Option: They improve gut health immediately

Option: They disrupt gut bacteria for months

Option: They have no effect on gut health

Option: They enhance nutrient absorption

6. What can chronic heartburn lead to?

Option: Nothing serious

Option: Improved digestive health

Option: Harm to the oesophagus

Option: Increased energy

### **True-False**

7. Daily bloating is considered normal.

8. Gut health only affects digestion.

9. Constipation is defined as fewer than three bowel movements per week.

10. Fibre is important for maintaining a healthy gut microbiome.

11. Antibiotics can improve the balance of gut microbiome.



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12. Bloating, reflux, and irregular bowel movements can indicate deeper health issues.

### Gap-Fill

13. Gut health supports the \_\_\_\_\_.

14. Chronic heartburn can harm the \_\_\_\_\_.

15. Antibiotics disrupt gut bacteria for \_\_\_\_\_.

16. Dr. Kunal Sood emphasizes the importance of \_\_\_\_\_ for gut health.

17. Problems with gut health can show up as \_\_\_\_\_ like bloating or reflux.

18. To maintain good gut health, aim for 25 to 38 grams of \_\_\_\_\_ daily.

### Answer

**Multiple Choice:** 1. Overall well-being 2. Bloating and reflux 3. Having fewer than three bowel movements per week 4. 25 to 38 grams 5. They disrupt gut bacteria for months 6. Harm to the oesophagus

**True-False:** 7. False 8. False 9. True 10. True 11. False 12. True

**Gap-Fill:** 13. immune system 14. oesophagus 15. months 16. fibre 17. symptoms

### CATEGORY

1. Health - LEVEL3

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