



We are looking for people who are between 18-65 years old and healthy. The study aims to investigate the ability of dietary fibers, pectin polysaccharides, to strengthen the intestinal barrier function in colon biopsies. Dietary fibers have several well-known beneficial effects in human's health. For example, they promote gastrointestinal motility, lower cholesterol levels, help regulate blood glucose and protect against colon cancer. Many of the health effects of dietary fibers are related to the intestinal flora and some dietary fibers are therefore classified as prebiotics. The most studied dietary fibers include fructooligosaccharides, inulin and beta-glucans.

Pectins, which are found in fruits, vegetables and oat bran are comparatively unexplored. Health effects associated with pectin polysaccharides have been demonstrated in recent years and include effects on the immune response. Pectin polysaccharides may also have a protective effect on the intestinal barrier function. A damaged or disrupted intestinal barrier can result in an increased intestinal permeability and thus an increased passage of foreign harmful substances or pathogens from the intestinal lumen through the intestinal mucosa and into the body. This triggers the immune system, which can cause an underlying inflammation which in turn can lead to a variety of disease states such as inflammatory bowel disease (IBD), irritable bowel syndrome (IBS) and type 2 diabetes. It is therefore important to be able to identify molecules and cellular signaling pathways that are involved in mediating any protective effects of these prebiotics on the intestinal barrier.

The effects of these dietary fibers will be investigated ex vivo in Ussing chambers with mounted tissue samples taken from the colon. The study is carried out at Örebro University and in collaboration with Örebro University Hospital under the guidance of professor and head physician Robert Brummer. Study participation means that you will come to Campus USÖ and the University Hospital in Örebro on two occasions for data collection and sampling. At the first visit, you will provide us with a stool sample. At the second visit, you will come to the hospital for a sigmoidoscopy where we will collect small tissue samples of about 0.01 grams each from the lower part of the colon. You will receive SEK 1,000 (before taxes) in compensation for your contribution in this study. If you are interested in participating, or want more information, please feel free to contact us on the following emails or phone numbers.

ignacio.rangel@oru.se (070-1040757) or evangelia.kerezoudi@oru.se (079-0676815; English speaking)
ignacio.rangel@oru.se (070-1040757) or evangelia.kerezoudi@oru.se (079-0676815; English speaking)
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