JULY 2026

FRIENDS OF THE CDD

INSIDE THIS ISSUE

Are you interested in becoming a Stool Donor ?

The CDD stool Donor program allows you to positively impact the lives of others. If you are aged between 16-60 years, have no pre-existing medical conditions and live or work locally to Five Dock you may be eligible. Start your application by completing our online questionnaire:

Prof. Thomas J Borody MBBS BSc(Med),PhD,MD,DSc,FRACP, FACG, FACP, AGAF, FRSN, FACGE, MAICD
Provider No. 0203859B

Dr. Antony Wettstein
MBBS(Hons), FRACP
Provider No. 065080DA

Dr. Simon Benstock
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MBBS Hons(Syd), Mmed(ClinEpl), DipPaed(NSW), FRACS
Provider No. 200939DT

Centre for Digestive Diseases
The Centre of Excellence in Gastroenterology

Who are we?

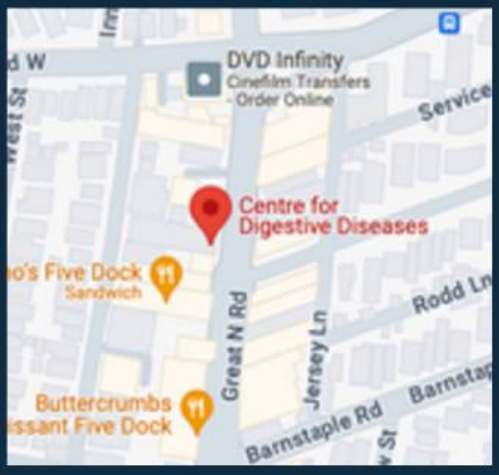
The Centre for Digestive Diseases (CDD) is an active private day endoscopy centre located in the heart of Five Dock , Sydney. CDD is internationally regarded as a leading medical institution, collaborating with pharmaceutical companies, universities and medical societies to provide excellence in gastroenterology.

What we do

Our facility allows our specialists to offer unique treatments and therapies with a strong emphasis on patient-centred care. Some of the treatments offered by our specialists include:

- Faecal Microbiota Transplantation (FMT)
- Resistant Helicobacter pylori treatment
- Infrared Coagulation (IRC) one of the few centres to offer this technology in the treatment of haemorrhoids
- Small bowel capsule endoscopy
- Panendoscopy and colonoscopy services
- Iron Infusion
- Colonic hydrotherapy
- Argon Plasma coagulation

Where are we located?



We are located at Level 1, 229 Great North Road
Five Dock, NSW 2046
Tel: 02 9713 4011
Fax: 02 9712 1675
www.cdd.com.au

Clinic Hours – Monday to Friday (6am – 6pm)
Telephone Hours - Monday to Friday (8.30am – 4.30pm)

Enquiries can be made by contacting reception@cdd.com.au
GP or Specialist Referral required for appointments

From the *Medical Director*

Dear Friends of CDD,

I'd like to update you on the work the Centre for Digestive Diseases is progressing with, as research and innovation remain key distinctions that make our Centre unique.
We continue to desire to have more treatment options that are safe and effective whilst giving relief and healing to patients.

Some of the we have:

- Faecal Microbiota Transplant (FMT). Our FMT product, RESTOBA, is included in the ARTG and is manufactured in our TGA approved GMP facility under stringent quality and manufacturing standards.
- FMT donors- Our donors undergo strict health and lifestyle assessment, together with comprehensive blood and stool screening, to meet our high safety and quality standards. We are always looking for healthy new donors to join our FMT donor program.
- Future resumption of Clinical Trials- improving FMT effectiveness by assessing before and after of the gut microbiome, biofilm analysis and removal, and recipient-donor matching. We have the leading experience in this area in the world.
- Anti-parasitic infusions by colonoscopy offer the highest eradication rates and are offered to patients suffering from increasingly with these infections. In part, this is related to dysbiosis of the gut microbiome and FMT.
- Helicobacter therapies and optimising bowel cancer screening given the increasing rates in under 40's.

Our centre is leading in Crohn's and Colitis therapies looking at different contributors including diet and infections including for Mycobacterium paratuberculosis.

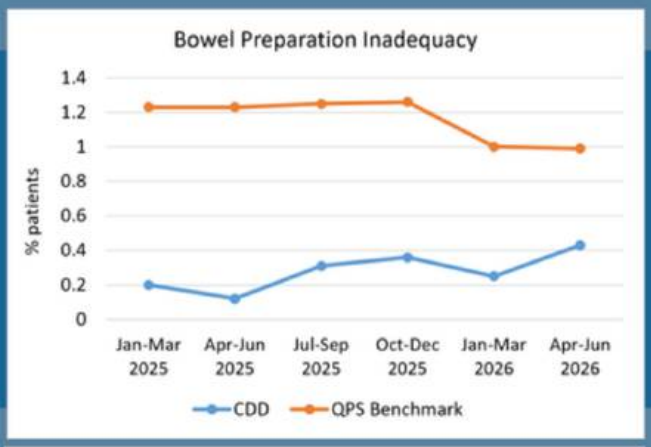
Yours sincerely,
Dr Gaurav Agrawal

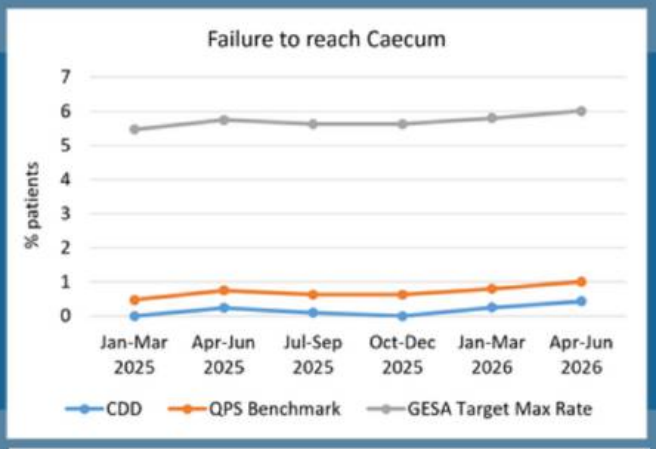
DAY SURGERY SAFETY AND QUALITY OUTCOMES REPORT

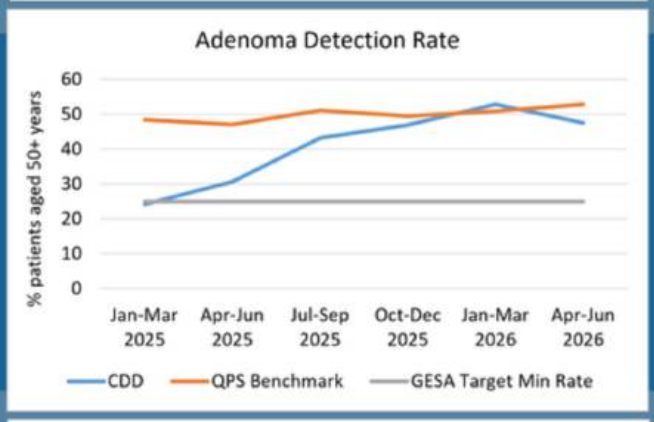
SAFETY AND QUALITY INDICATORS

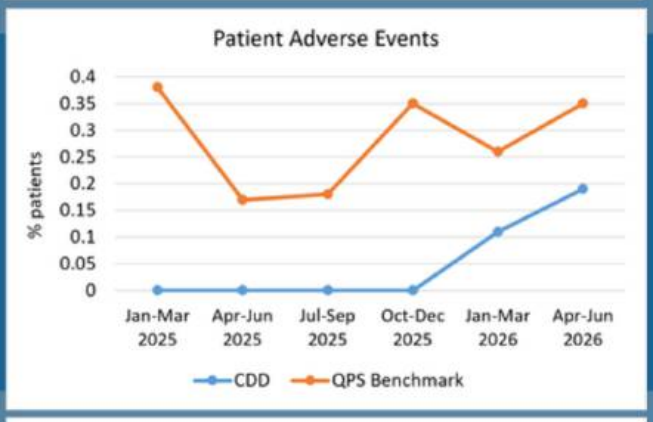
These six indicators have been selected by our Consumer Focus Group as they provide a good overview of our key clinical outcomes. These rates show better outcomes than the QPS industry benchmarks and the GESA (Gastroenterological Society of Australia) target rates.

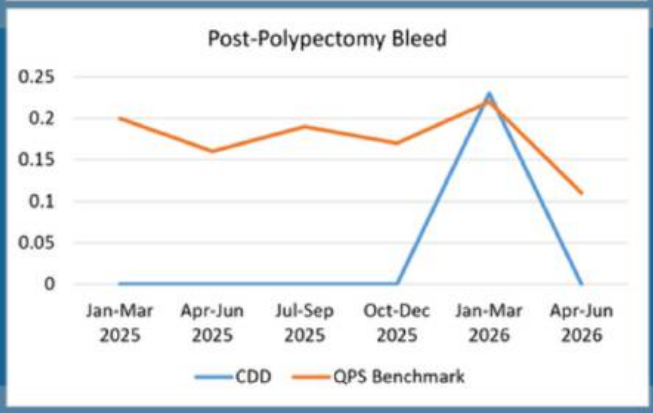
Bowel preparation protocols continue to be effective allowing the entire large intestine/colon to be examined during Colonoscopies. Our adenoma detection rate in patients aged 50 years and over remains high showing high quality colonoscopy screening processes.Our patient adverse event rate has increased this year due to improved reporting and analysis, but is still lower than the industry benchmark rate. Adverse events included IV cannula tissued, bleeding after polypectomy and chest pain. Unplanned transfers this year were for chest pain post-procedure and post-polypectomy bleeding.

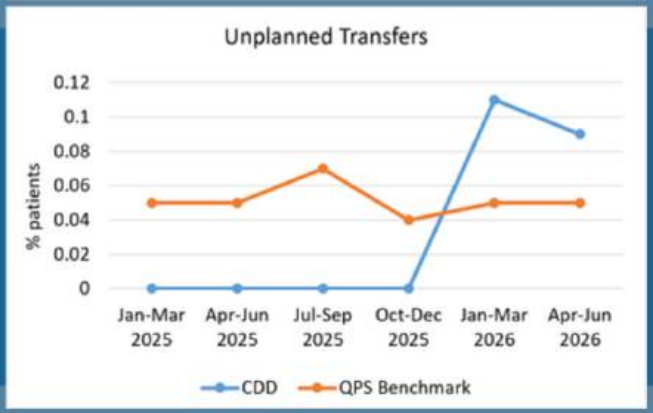










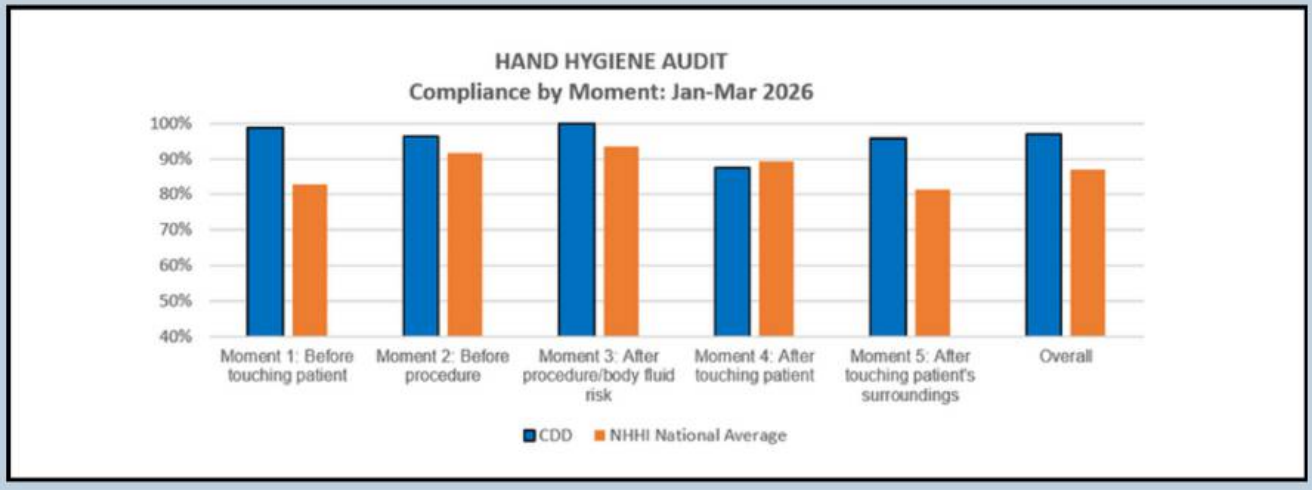


DAY SURGERY SAFETY AND QUALITY OUTCOMES REPORT

INTERNAL AUDITS

We have a comprehensive schedule of internal audits that are completed every year. These monitor all elements of our quality management system to ensure we maintain safe, high quality patient outcomes. Here are some recent results.

Audit	CDD	Benchmark Rate
Antimicrobial Stewardship Compliance	100%	n/a
Credentialling of Healthcare Professionals	100%	98.09%
Doctor Satisfaction Survey	92.06%	91.16%
Employee Satisfaction Survey	86.14%	85.13%
Infection Control System Audit	98.90%	98.30%
Regulatory Risk Audit	97.87%	95.76%



ACCREDITATION

We are accredited to the National Safety and Quality Health Service Standards, and to maintain accreditation we are independently assessed against these standards every 3 years. We had a successful accreditation assessment in October 2024. The accreditation process is now short notice so we are notified 24 hours in advance of the audit date. Our next assessment could be anytime from now until mid-2027.

A day in the life of an FMT Donor

As the evening winds down, I prepare for the next day, plan out my workout fits and my meals. I find that getting everything ready helps me stay on track. By 10:00-10:30 PM, I'm winding down, watching a little TV, then heading to bed. I usually get about 6 to 7 solid hours of sleep.

I wake up at 5:00AM, have a cup of coffee and a date to give me energy boost. By 6:00 AM, I'm out the door for my workout. I usually prefer to lift weights and cool down with a light cardio; it's an hour of strength and stamina-building that sets the tone for my day. After all the hardwork, I love having my breakfast smoothie—water, vanilla protein powder, frozen banana, oats, and a handful of spinach. It's colorful and packed with nutrients. I love every sip of it. Some days, I enjoy two wholemeal Vita Wheats topped with protein peanut butter and honey. That keeps me fuelled for the busy morning ahead.

Before heading to work around 8:30AM, I deliver my stool donation to the donation site of Centre for Digestive Diseases. I make sure to seal it and leave it to the right locker, and take the new box for the next donation.

Lunch usually includes vegetables like broccoli, sweet potatoes, and zucchini with lean beef mince and rice. Sometimes, I have a tuna salad instead. I love finishing with watermelon and rock melon. I often add beans or legumes to my meals, which boosts nutrition and helps with my donation goals.

After lunch, I usually go for a quick walk up the street—just a short break from sitting at my desk all day.

In the afternoon, I indulge in a pudding snack with about 15-20 grams of protein. It's a nice little treat that keeps me energized for the rest of the day.

Back home, I handle chores, prepare dinner, and play with my dog. My dinners are simple but nourishing: salmon cooked in the air fryer with baked vegetables and quinoa or rice. Sometimes, I have lean pork rissoles with salad and potatoes, or chicken curry with green beans and rice. I like keeping my meals colorful and balanced—lots of veggies and lean proteins.

Around 8:00 PM, I enjoy my dessert—vanilla yogurt with berries, a drizzle of honey, and my daily protein boost. It's a sweet way to end the day.

Throughout the day, I drink plenty of water—about 600ml from small bottles—and I allow myself a glass of white wine a few evenings a month while preparing dinner. It's my way to unwind.

And on Sundays after my workout, I indulge in a small treat—a croissant and coffee from my favorite cafe. It's my special way of celebrating my dedication and enjoying life.

I like keeping things simple but good for my donations. It's all about making small, meaningful choices that support my health and help others at the same time.

THE CDD Snap shots

BORODY FOUNDATION

We have set up the Borody Foundation which will focus on supporting research and new therapies that focus on treatment and prevention of many diseases. The Foundation will also have a strong charity arm that will give back support to the community and raise awareness for the many chronic diseases impacting Australians and the world's population daily. Stay tuned for more details!

General Practice Conference & Exhibition (GPCE) 2026

The Centre for Digestive Diseases (CDD) proudly participated in GPCE 2026, showcasing our services and innovative treatments. Our team spread awareness about gut health and gut microbiome, emphasising the importance of early intervention. Key highlights included discussions on FMT, antibiotic infusion therapy, and insights shared by our Gastroenterologist Dr. Tu on the current trends observed in treatment findings. This engagement aims to empower GPs with new ideas and strategies to manage gut health proactively, promoting better patient outcomes through improved primary care management before specialist referral.

CDD Customer Service chat is now active

Our website now features an online chatbot designed to assist patients and referrers with general information about the Centre for Digestive Diseases, including services, procedures, referrals, and website navigation. The chatbot contains most of our general information and is available 24/7.

If further assistance is required, users can leave their contact details and our team will follow up as soon as possible.

CDD Cybersecurity Reminders

Remain alert for phishing emails that may appear to come from healthcare providers, government agencies, or other trusted organisations.

These emails may request personal or sensitive information or contain unexpected links or attachments.

Do not click on links or provide information unless you are confident the message is legitimate.

If in doubt, contact the organisation directly using verified contact details.

RESEARCH ... in a nutshell

Exploring the Gut-Brain Connection

Many patients reach out to the CDD seeking gut-related treatment for a variety of conditions. With evidence suggesting the involvement of the microbiome in neurological wellbeing, some patients have been referred to the CDD with suspected gut-brain dysregulation. This issue we will look at two recent suspected gut-brain dysregulation cases and how microbiome therapy has been involved.

How is the gut involved with the brain?

The gut-brain axis refers to the signalling that is transferred between the gut and the brain. This connection is an area of emerging research. The gut microbiome produces neurotransmitters such as serotonin, dopamine and gamma-aminobutyric acid (GABA) which stimulate the vagal nerve impacting mood, appetite, motivation, fear and sleep. These gut signals have been suggested in academic literature to have potential implications in mental health and associated conditions such as depression and anxiety. By investigating the gut-brain axis we can better understand how our gut microbiome can affect how we feel.

Please note: The case studies presented are for research purposes only. Results from FMT treatment may vary, results displayed in the case study are not indicative of treatment outcomes. FMT is not an approved treatment for psychiatric conditions. Patients must consult their healthcare specialists before changing any medical care.

Case 1: Treatment-Resistant Depression

Patient Background

Male, 40s, with known depression initially diagnosed around 20 years prior, presented with bloating, gas, nausea, fatigue, cognitive fogginess and depressed mood. At the time of presentation, he was on a SMS (serotonin modulator and stimulator, vortioxetine) a SSRI (selective serotonin reuptake inhibitor, escitalopram) and medication for fatigue management (modafinil). He was referred by his psychiatrist with suspected gut-brain axis dysfunction following the development of diagnosed treatment resistance to his psychiatric medications.

Progress and Observation

The patient received a combined protocol of FMT enemas followed by FMT capsules. Early in the protocol, he reported an initial boost in mood followed by a transient dip, which subsequently stabilised. After just over three months of treatment, the patient reported overall improvement in mood. Improvement in the patient's mood was also observed and noted in correspondence from his treating practitioners. The patient reported a reduction in gastrointestinal symptoms, particularly bloating and gas which in combination with the increased mood established the patient as a responder to FMT.

Outcomes

Throughout the FMT protocol, the patient remained under the supervision of his treating psychiatrist. During this time, his SMS medication was ceased under psychiatric direction, with a planned taper of his SSRI in preparation for a trial of a new medication. These outcomes suggest that clinical interest in the gut-brain axis and FMT may warrant further investigation to determine the possibility as a supportive option for patients with treatment-resistant depression.

Case 2: Bipolar, Schizoaffective Disorder and Depression

Patient Background

Female, 60s, with known bipolar disorder, schizoaffective disorder and depression significantly impacting her independence, presented with chronic constipation and functional gut disorders associated with her psychiatric conditions. Medical records noted a prior diagnosis of gastrointestinal bacterial overgrowth two years prior.

Progress and Observation

The patient commenced a trial of FMT capsule therapy. By week 3, she reported initial improvements in both gastrointestinal symptoms and general mood. Following the trial and under medical advice, she proceeded with continued FMT capsule treatment. At three months, she reported regular bowel movements of good consistency. Her family also noted improvements in her daily mood, memory function and communication.

Outcomes

Throughout the FMT regimen patient was monitored by her psychiatric treating doctors and no changes to the patient's regular medications were recorded. The observed improvements across both gastrointestinal and mood symptoms highlight the clinical relevance of monitoring the microbiome-gut-brain axis in patients with concurrent psychiatric and gut conditions. Further investigation into the relationship between FMT and gut-brain axis therapy for mental health outcomes is warranted.

Want to know more? Reach out to the research team by emailing: research@ccd.com.au

References:
1. Chinna Meyyappan, Arthi et al. "Effect of fecal microbiota transplant on symptoms of psychiatric disorders: a systematic review." BMC psychiatry vol. 20,1 299. 15 Jun. 2020, doi:10.1186/s12888-020-02654-5
2. Petrut, Stefana-Maria et al. "Gut over Mind: Exploring the Powerful Gut-Brain Axis." Nutrients vol. 17,5 842. 28 Feb. 2025, doi:10.3390/nu17050842

Spotlight on

Dr Simon Benstock

How did you get your start in this career field?

I was always interested in gastroenterology and the way the gut works since I was a medical student. Even before completing my physicians exams, I would spend every spare moment in the endoscopy unit, familiarising myself with equipment, and surrounding myself with experts in the field. After completion of exams, it was inevitable that I would head into a GI career path.

What appealed to you about this position and led to you to join CDD team?

A colleague suggested I meet with (the late, great) Prof Borody. His presence, his intelligence, his innovations and his way of looking at things 'outside the box' immediately drew my attention. Within 5 minutes I knew that I had to work with him and the team at CDD.

How do you typically manage your time and prioritise tasks?

Time management is difficult, given the number and complexity of cases. So day time is for patients. Evenings are for family. Having children who are now adults has allowed me more time to achieve my goals.

What is your favourite part of your job?

Two things. The initial consult, where I listen to the patients' issues and try and formulate a plan. The final consult, often after a procedure, where hopefully the patients' issues have been solved.

Who or what inspires you to do your best?

My parents are my role models. Prof Borody was also my mentor and he taught me many things that no other could have done. Whatever you do, aim to be the best at it.

Describe your ideal work environment.

Ideally endoscopic procedures in the morning, followed by consultations.

What hobby or activity do you wish you had more time for?

Walking long distances. Attending more sporting events all over the world.

What causes are you passionate about?

The eradication of GI cancer. The pursuit of harmonious communities (good luck with that!)

How would your close friends describe you?

Overly hard working. Generous (I hope).

What's your go-to morning beverage?

Ice cold water!!

Love your GUT!

Fig and Brazil nut bombs (GF)

a yummy nutrient dense snack boasting

Prep Time 20 minutes | Refrigeration Time: 30 minutes | Makes 8 Small Balls

Ingredients

- ½ cup (95g) dried figs, stems trimmed, chopped
- ½ cup (75g) brazil nuts
- 3 tablespoons vanilla or chocolate protein powder (plus extra if necessary)
- 2 tablespoons of cacao powder
- 2 teaspoons ground ginger
- pinch of salt
- 2 tablespoons cacao nibs

Instructions

1. Put the figs in a bowl, cover with hot water and leave to soak for 5-10 minutes
2. Pulse the brazil nuts in a food processor to make a coarse meal. Add the protein powder, cacao powder, ginger and salt
3. Drain the figs, keeping the liquid, then add the figs to the food processor. Process into a uniform, crumbly 'dough'. If it is too dry, add the reserved liquid, a little at a time, and process until the dough comes together. If too wet, add more protein powder
4. Form tablespoons of dough into balls with your hands, then roll in the cacao nibs to coat

Refrigerate for at least 30 minutes before eating

Nutrition Facts
Fig and Brazil nut bombs GF
Amount Per Serving
Calories 292| Total Fat 19g | Saturated Fat 6g | Carbohydrates 20g | Dietary Fibre 7g | Sugar 17g | Protein 8g

Want to dig deeper into nutrition? Reach out to Geraldine Georgeou Accredited Practising Dietitian www.designerdiets.com.au or call us (02) 9588 3211.

Centre for Digestive Diseases

The Centre of Excellence in Gastroenterology

@ 41 years

In memory of

Prof. Thomas Borody

12 Jan 1950 - 06 Oct 2025

Leave a Tribute


Upcoming...
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