



# THE MICROBIOTA: AN UNEXPLORED NEW WORLD

Valerio IEBBA, UNIVERSITY OF TRIESTE

Monday 7th of March 2022, at 6:30pm  
Sala Conferenze, ex Ospedale Militare  
Via Fabio Severo 40, Trieste and on Zoom

We are only 10% of ourselves: the remaining 90% is made up of the microbiota, that is a set of microorganisms that "live" outside, inside and on us. It is largely unknown: a real 'biological dark matter' waiting to be discovered, studied and understood. How many of us know that the intestinal microbiota is made up of more than a kilo of bacteria and that more than a million billion of them live in our body? This large bacterial mass, when it is well (a state of "eubiosis") helps us in many ways, from birth, educating our immune system, regulating the development of

some organs, even feeding us directly, without keeping us informed at all. The microbiota is our "multifunctional friend", and it is important to take care of it because, like a growing child, it can get sick and reach a state of "dysbiosis". Many diseases, such as Crohn's disease and liver cirrhosis, are linked to an imbalance of the microbiota that also affects other distant organs, such as the brain or liver. Therefore, understanding this mysterious microcosm, discovering its intimate mechanisms, will help us to better understand who we are and how we work.