

Media release

Please fill in this form and return it to graduateschoolhealth@au.dk in Word format along with a portrait photo in JPEG format, if you would like it to accompany your media release, no later than three weeks prior to your defence.

Basic information

Name: Anders Abildgaard Email: anders@dadlnet.dk Phone: 4046 5770

Department of: Clinical Medicine

Main supervisor: Sten Lund

Title of dissertation: Preclinical Studies on Metabolic Stress and Probiotic Treatment in Major Depressive Disorder

Date for defence: 22nd of March 2017 at (time of day): 13:30 Place: Auditoriet (indgang 30), AUH Risskov, Skovagervej 2, 8240 Risskov

Media release (Danish)

Fedtrig kost, sunde bakterier og depression

En fedtrig, "vestlig" kost og tarmbakterier kan muligvis vise sig at have betydning i forhold til en depression, viser et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af læge Anders Abildgaard, der forsvarer det d. 22. marts 2017.

I en række dyreekperimentelle studier fandtes det, at en fedtrig, "vestlig" kost kunne udløse depressions-lignende adfærd i genetisk disponerede rotter. Endvidere viste det sig, at indtag af en særlig blanding af bakterier ("probiotika") havde anti-depressiv effekt og kunne modvirke effekten af den usunde kost. Studierne pegede desuden på, at de underliggende mekanismer for denne interaktion mellem kost, tarmbakterier og hjerne sandsynligvis involverer immunsystemet, en ændret regulering af niveauet af stresshormon samt muligvis også bakteriernes produktion af særlige stoffer, som de frigiver til værtens blodbane.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 22. marts 2017 kl. 13.30 i auditoriet (indgang 30), AUH Risskov, Skovagervej 2, 8240 Risskov. Titlen på projektet er "Preclinical Studies on Metabolic Stress and Probiotic Treatment in Major Depressive Disorder". Yderligere oplysninger: Ph.d.-studerende Anders Abildgaard, e-mail: anders@dadlnet.dk, tlf. 4046 5770.

Media release (English)

High-fat diet, healthy bacteria and depressive disorder

A high-fat, "Western-pattern" diet and gut microbes may turn out to be important in major depressive disorder. The project was carried out by Anders Abildgaard, who is defending his dissertation on 22nd of March 2017.

In a series of animal experiments, it was found that a high-fat diet exacerbated depressive-like behaviour in genetically pre-disposed rats. Furthermore, treatment with a certain blend of eight bacteria (probiotics) possessed anti-depressant-like properties and protected against the detrimental effect of the high-fat diet as regards depressive-like behaviour. In addition, it was found that the mechanisms underlying this intriguing diet-microbe-brain interaction may include the immune system, the regulation of the level of stress hormone and probably also the bacterial production of certain metabolites, which are released into the blood circulation of the host.

The defence is public and takes place in the auditorium (entrance 30), AUH Risskov, Skovagervej 2, 8240 Risskov. The title of the project is "Preclinical Studies on Metabolic Stress and Probiotic

Treatment in Major Depressive Disorder”. For more information, please contact PhD student Anders Abildgaard, email: anders@dadlnet.dk, Phone +45 4046 5770.

Permission

By sending in this form:

- I hereby grant permission to publish the above Danish and English media releases as well as any submitted photo.
- I confirm that I have been informed that any applicable inventions shall be treated confidentially and shall under no circumstances whatsoever be published, presented or mentioned prior to submission of a patent application, and that I have an obligation to inform my head of department and the university's Patents Committee if I believe I have made an invention in connection with my work. I also confirm that I am not aware that publication violates any other possible holders of a copyright.