

Juan Pablo Zhenlio intv

[00:00:00] **ANA:** I think. All right, we are rolling

[00:00:03] **JUAN:** but

[00:00:05] **ANA:** Just for the sake did what did you just eat?

[00:00:10] **JUAN:** How would

[00:00:11] **ANA:** you describe the food? You just ate? What did you what

[00:00:13] **JUAN:** was in it? Baked eggs. Egg bake. Egg bake. That sounds great. Yeah. Egg bake with a Philly roll.

[00:00:22] **ANA:** would it really

[00:00:23] **JUAN:** roll. Egg bake

[00:00:24] **ANA:** the Philly

[00:00:25] **JUAN:** roll. Egg

[00:00:26] **ANA:** Egg bake.

[00:00:26] **JUAN:** Alright.

[00:00:28] **ANA:** Okay. I'm

[00:00:30] **JUAN:** gonna get all my yoga ball sounds out before.

[00:00:35] Um, okay, so normally, this is like super, it's gonna be so edited that like only the best possible parts of what you say is

[00:00:44] **ANA:** be involved in it.

[00:00:46] **JUAN:** And I'm not wearing my headphones because they're annoying. So, okay,

[00:00:52] **ANA:** Before

[00:00:52] **JUAN:** we start about the farts. Is there anything you want to ask me about, like, how it's gonna go, or do you have any concerns, or things you don't want to talk about?

[00:01:03] **ANA:** Okay.

[00:01:03] **JUAN:** can you say your

[00:01:05] **ANA:** and last name and

[00:01:06] **JUAN:** what your job is? My name is Juan Pablo Zenlio, I am a general surgeon. Okay, and the general surgeon

[00:01:16] **ANA:** What does a general surgeon do?

[00:01:18] **JUAN:** A general surgeon operates on, uh, many parts of the body, but we do have a focus on the abdomen and the gastrointestinal tract.

[00:01:28] Ooh, okay, so, When you, so like abdomen, like belly? Yes, inside the belly, yep. Belly, yep. Okay, trunk, trunk to trunk. Yes. Okay, great. Do you ever go up, like neck or leg? Yes, we operate on other parts of the body as well. Neck, legs, um, it's very general, uh, we have a broad, uh, area of expertise. And the Field of General Surgery is something that can get way more subspecialized and even within the abdomen you can have specialization to focus only on the liver, the pancreas, the stomach, or the colon and anus.

[00:02:18] Nice. Okay, can we say anus in this episode?

[00:02:22] **ANA:** as

[00:02:22] **JUAN:** say anus as many times as you want. Okay, what about sphincter? Sphincter is a safe word to say. Um, what I would shy away from are

[00:02:35] **ANA:** But

[00:02:36] **JUAN:** Like the, like the, like booty butt, any curse word, but also like, maybe booty? I think you could say booty. Uh, I mean, it depends on what

[00:12:21] So growing up as a young one, pre,

[00:12:26] **ANA:** pre doctor,

[00:12:27] **JUAN:** pre college. You're, imagine you're like 8 to 10 years old. Were there any foods that made you extra farty?

[00:12:39] **ANA:** I

[00:12:40] **JUAN:** Ate everything. And I don't know that as a young child, I paid too much attention to my functions. I went to the bathroom when I needed to. Uh, I, I certainly grew up in a household where it wasn't, uh, frowned upon, uh, to fart. And, you know, I would, were your parents. I would hear my parents fart. Uh, I would, you know, we would laugh about it, uh, afterwards.

[00:13:07] And it was funny. Uh, but we also were taught that this was something that you shouldn't do around strangers. This is, uh, something where you had to have people around. A certain degree of politeness around other people and manners, but around my immediate family, we were free to release. Free to release. I like that.

[00:13:31] Yeah, I mean, different families have different cultures. The free to release cultures,

[00:13:37] **ANA:** and the, uh, afraid to release cultures maybe,

[00:13:42] **JUAN:** Now, as an adult, are there any foods that make you extra farty?

[00:13:46] **ANA:** I lactose intolerant, which I figured out some time after. That certainly is

[00:13:58] **JUAN:** Uh, something that does upset my intestinal tract and it goes back to the food, uh, as well and my body has a more difficult time digesting lactose, which is a sugar in milk products. Uh, thankfully they do make, uh, uh, supplements and medications where, uh, helps, uh, my body to digest these foods better so I can still enjoy cheese, pizza, et cetera.

[00:14:24] That would be a shame, if you couldn't have pizza anymore. What were you, like, okay, but, we'll get into more farts, but I do wanna, like, when you were figuring out that you were lactose intolerant, And you were, Ima, I imagine, were you farting a lot? Like, was it like too much? It was a lot. And not, not only, uh, having a lot of flatulence, uh, which is another word that flatulence, uh, we use to describe fart.

[00:14:50] Uh, that that's a word that, uh, primarily you would use among providers 'cause uh, providers like doctors. Yeah. Uh, flatus, flatulence, uh, stuff like that. I, PHUs. flas is another word. How do you spell that? F L A T U S
Ooh, that's like

[00:15:07] **ANA:** Latin.

[00:15:09] **JUAN:** I'm not sure what the etymology is It's very doctorly, so flatus, okay And that's like a fart Or many farts, all farts Just in general, farts are Flatus equals farts Okay, flatus equals, okay Flatus equals flatulence equals farts Okay, so back to lactose intolerance, Jeremy, you So I would get an upset stomach, my, uh, uh, I would feel like a cramping type of pain, and, and, uh, it would lead to a lot of gas production, and so, uh, that's how I figured out that I was having this trouble because it would happen every time I would eat dairy products until one day I, I decided to try the, uh, supplement and it worked really well.

[00:15:52] And, uh It's been able to, uh, maintain, um, my love of dairy products. Is it, like, socially annoying or embarrassing to have to fart a lot? I'd say that there definitely is a societal tension. Well, I mean, imagine being in an

[00:16:28] **ANA:** I mean, imagine being in an elevator.

[00:16:31] **JUAN:** and someone really sick of releases. Let's use that. And it's so stinky.

[00:16:40] That's pretty rude. I mean, like, it's impolite because everybody else has to smell that air and breathe it in. And are they breathing in, like, kind of, fart? Like, air?

[00:16:52] **ANA:** doo molecules?

[00:16:54] Yeah,

[00:16:55] **JUAN:** Uh, with farts. Then, uh, every time you fart, there would be some particulate, uh, matter, the fecal matter that can come out with each fart.

[00:17:06] But our body does a really good job of controlling, uh, what comes out, uh, when we need to. And, uh. There's a lot of muscles and a lot of, uh, uh, mechanisms involved with our anal sphincters that, uh, help control whether or not, uh, it's air that comes out, it's solid, um, material, um, that, that comes out,

and when it comes out as well, because as a child, we get potty trained, and, uh, we are able to learn how to control it.

[00:17:41] Okay. When we need to go to the bathroom. We can control when we fart and so sometimes if you're stuck in an elevator with some other people, you learn this control to hold it until you get out of the elevator. Preferably into a wide open space. Sometimes you just have to find a, uh, uh, uh, Uh, uh, corner.

[00:18:12] **ANA:** a corner

[00:18:13] **JUAN:** of the, of the school and the office.

[00:18:15] Oh, there's also a term that I learned that's called crop dusting. It's where you walk down and you just constantly fart

[00:18:22] **ANA:** so

[00:18:22] **JUAN:** that it's not all in one space and then everyone's like, Whoa, what are you doing? Or like, they can't really pin it on somebody. Um, are there other, are there other like fart evasion techniques you've used?

[00:18:34] To like pass the bug to somebody else? Well, if you're in a hospital,

[00:18:39] **ANA:** yeah

[00:18:39] **JUAN:** there's smells all around. So you can just fart anytime you want? No one will know where it came from. Can you fart in the operating room? You can, um, you know, it's a sterile environment, um, so it's, um, probably frowned upon to, uh, to do that.

[00:18:58] But, uh,

[00:19:01] **ANA:** If hypothetically could a surgeon like would it be okay if a surgeon farted I I

[00:19:08] **JUAN:** I, I think that if you had to do it, uh, probably best to excuse yourself. Really? Okay. Cause your surgery, your surgeries can be, like, what's the longest surgery you've ever done? I've been in cases where we've been operating for over 10, 11 hours for cases. Word. And then, I don't know if I've ever gone 10 or 11 hours without farting.

[00:19:34] I mean, I've never measured it, but Word. Peeing or eating, do you have to hold, like do you get breaks in those homes? You can take breaks as needed. Um, part of training and, and, and part of not just training to be a doctor or a surgeon, but also training, uh, growing up as a kid and, and learning how to control your bodily functions, um, you know, that is something that maybe gets taken to a little bit of an extreme if you're holding it for, uh, over 10 hours.

[00:20:04] But it's certainly something that you're. Body learns how to adapt to ns? Okay. Um, so,

[00:26:21] **ANA:** yeah,

[00:26:24] **JUAN:** Farts can exist. Farts are ephemeral. They are a part of the air around you. They are, they start from the air around you. Yeah, so maybe let's start with like, Like a bubble.

[00:26:44] Like, imagine you are

[00:26:47] **ANA:** everywhere

[00:26:48] **JUAN:** like that. Like imagine you are everywhere and you You're, you're weightless and invisible. You are a part of the air. Yeah, and then you like, you get, somehow you get like sucked in to this vacuum and you're squeezed and squeezed and like along the way you might meet Like, like, other air molecules,

[00:27:13] **ANA:** other air molecules.

[00:27:14] **JUAN:** and maybe once they go down, you get

[00:27:18] **ANA:** and you

[00:27:18] **JUAN:** get squeezed, and

[00:27:18] **ANA:** maybe you,

[00:27:19] **JUAN:** you interact,

[00:27:20] **ANA:** you meet new buddies and maybe you

[00:27:22] **JUAN:** interact with like, Like

[00:27:25] **ANA:** a

[00:27:25] **JUAN:** do you, uh, interact with bacteria?

[00:27:27] You have new air buddies formed by the bacteria. We everywhere you all, you all, you all join together and, um, become one new.

[00:27:40] **ANA:** One

[00:27:40] **JUAN:** new bubble.

[00:27:42] **ANA:** like

[00:27:42] **JUAN:** Like a bigger

[00:27:43] **ANA:** bed band of

[00:27:44] **JUAN:** of bunny bubbles. Well, it wouldn't be your intestinal tract and colon, so It'd be someone else's. Somebody else's. So you're, so you're bigger and

[00:28:01] **ANA:** feel

[00:28:01] **JUAN:** yourself Maybe pushing against the walls of where you're, you are more?

[00:28:07] Like, you're getting too big for this space that you're in? And then, uh, it builds up, and it builds up, and then, all of a sudden, there's a huge force that propels you out. And you hear,

[00:28:27] **ANA:** You

[00:28:28] **JUAN:** are Now, back out in the world. Okay, and then now say, now be like, you are a fart. So it's like, you are A fart. Great. Okay, can I get you to just say, Imagine. Imagine. Perfect. Okay, and then now I'm gonna get, this is also the silly part that Lulu makes everybody do, which is, I'm gonna make you guess how the theme song goes, and you have to fill in the blank.

[00:28:59] **ANA:** but

[00:28:59] **JUAN:** you just have to say one word. Okay? So it goes like this,

[00:29:03] **ANA:** Terrestrials

[00:29:07] **JUAN:** terrestrials, we're not the worst, we're the Farts. No! It's the, we're not the worst, we're the Are you gonna guess it? I'm at a loss, I don't know what word. What's the opposite of worst?

[00:29:31] **ANA:** What's the opposite of worst

[00:29:33] **JUAN:** Number one. What rhymes with terrestrials? The Rest? Rest with a B. Oh, okay. So let me do it one more time. Terrestrials, terrestrials. We're not the worst, we're the Best! Real!

[00:30:00] **ANA:** Dr. Watt, you

[00:30:01] **JUAN:** got it!

[00:30:05] Okay, is there anything else about farts? I thought that Imagine was beautiful and amazing and I'm so excited to cut it together and I'm just imagining all like the, like the groany, moany, bubbly, gurgly sounds that are gonna come with it. Is there any other like fart stuff that you really want

[00:30:23] **ANA:** Kids to know,

[00:30:24] **JUAN:** or adults to know, or me to know?

[00:30:27] Another time when people may fart a lot is when gas gets put into your belly. So during a colonoscopy When, uh, people, uh, reach age 45, uh, which is the recommendation, and For all you parents out there. And, uh, colonoscopy is recommended where they examine your colon for polyps, which can be an early sign of colon cancer.

[00:30:51] Uh, your belly does get, uh, your colon does get inflated with air a lot, and this helps the doctor, uh, pass the scope and take a look and see When Yes. It enters your body, but through Through the anus, uh, and rectum. Um, and it, it's a, does a really good job of finding little things that could one day possibly lead to a cancer, and, uh, you get, you take it out early before it becomes a problem.

[00:31:22] But during this type of procedure, they do Uh, inflate your, uh, intestines and your colon with a lot of air in order to, uh, get a good look at it in order to really properly visualize everything. And so once you are done, your

body still has to get rid of that air. So, uh, I would expect a lot of farting afterwards.

[00:31:41] **ANA:** You hear that

[00:31:41] **JUAN:** case of your

[00:31:42] **ANA:** your

[00:31:43] **JUAN:** parents have

[00:31:43] **ANA:** get a colonoscopy

[00:31:45] **JUAN:** which they should be getting regularly after age 45. They might be finding a lot afterward. But that is a good sign, because it means they're getting their checkups and their screenings and they're being proactive about their health. Um, I'm

[00:31:58] **ANA:** just gonna ask you a couple

[00:31:59] **JUAN:** rapid fire things about the surgeries that you've done, just to like, give you, like, you know, see what a surgeon does, okay?

[00:32:06] So,

[00:32:08] **ANA:** have

[00:32:08] **JUAN:** you taken,

[00:32:09] **ANA:** have you had done have

[00:32:10] **JUAN:** you cut up, I guess the best way to like, how many gallbladders have

[00:32:16] **ANA:** taken out in your

[00:32:16] **JUAN:** life? So,

[00:32:20] Over a hundred, I'd say. Wow. What about, have you ever operated on a

[00:32:27] **ANA:** stomach?

[00:32:28] **JUAN:** Yes.

[00:32:28] **ANA:** How many?

[00:32:32] **JUAN:** Over fifty?

[00:32:34] **ANA:** Wow,

[00:32:35] **JUAN:** Have you ever operated

[00:32:36] **ANA:** on a kidney?

[00:32:38] **JUAN:** Yes.

[00:32:39] **ANA:** What about a liver?

[00:32:40] **JUAN:** Yes.

[00:32:41] **ANA:** What about a lung?

[00:32:44] **JUAN:** Yes. Whoa, what about a heart? Yes. Great. Yes. Whoa,

[00:32:48] **ANA:** Um,

[00:32:49] **JUAN:** bones? Some of this stuff is stuff that I've done during training, but I don't practice now. Right, got it. So you've been exposed to all the different surgical things, but you're not specializing in those?

[00:33:00] Correct. So you're not gonna call up Dr. Wong for a heart surgery? Correct. But if somebody comes to you, like they schedule surgeries with you? Yes. Okay. Um, what about, have you ever

[00:33:14] **ANA:** operated on intestines?

[00:33:15] **JUAN:** Yes. What about

[00:33:17] **ANA:** the anal sphincter rectum region?

[00:33:20] **JUAN:** What is the

[00:33:22] **ANA:** zaniest wildest thing you found inside of somebody

[00:33:27] **JUAN:** This is a kids podcast, right? Okay, so you don't have to answer. What is the most zany kids thing you found, a kids friendly thing you found

[00:33:36] **ANA:** inside of somebody? a

[00:33:41] **JUAN:** A spice jar. Did it still have spices

[00:33:47] **ANA:** in it?

[00:33:47] **JUAN:** it? It had, uh, it was still sealed with spices. It was spicy. What kind of

[00:33:55] **ANA:** of spice?

[00:33:56] **JUAN:** I don't remember. Did you, nobody opened it up? You just kind of threw it out in the

[00:34:03] **ANA:** the

[00:34:03] **JUAN:** biohazard bag? Oh man, okay. Um, any other funny surgery stories? That are like kid appropriate? Okay, I think we're good on farts.

[00:34:16] Um, Anna, can you make a fart sound? Love it. Okay, are you gonna do another one? Okay. Wait, wait, can I say something too? Yeah. And like, this isn't hot, but if you want I just thought it was important that, to make sure kids know that those, and you should get someone to actually talk about this, but that those bacteria, it's not like, Okay.

[00:34:39] It's bad that they're there. It's really important and great that they're there. It's really important and great that they're there. Yeah. They help you break down those. Yeah. They make it so that you digest. Exactly. Because if you didn't have them, you'd like, be eating carrot or some other foods that you like, and you wouldn't be able to get the parts that help your body do the things it needs to do.

[00:34:55] So they're really important little buddies.

[00:34:57] **ANA:** of cool that maybe

[00:34:58] **JUAN:** And another thing that's kind of cool that maybe you could look into to talk about those little molecules. Like, I think there is that idea, like you guys talked about how when people fart, there's like little bits of poop in the air and that seems like, Oh, no one wants that.

[00:35:11] But like one said, like your body is, is taking out the, like, it's really doing a good job separating out the air. Plus we've got like we wear underwear, we wear cool shorts and things on our bodies that like the particles aren't going out. But there's little molecules that are like even teenier than like, like if you think about chunk, like it's not chunk They're like little chemical compounds that if you think about like Yeah, chunks of poop that are coming out

[00:35:39] **ANA:** It's like

[00:35:40] **JUAN:** Way that like you walk down the street and you smell a beautiful flower.

[00:35:43] It's not like there's chunks of I mean, it depends how you define chunk, but like, there are these little aromatic compounds that fly through the air that are also really important to all kinds of stuff. Like, that's how bugs, like, know what kind of flowers they want to go check out because they're, like, responding to those chemicals and stuff that are in the air.

[00:36:01] That's why we don't like that. Yeah

[00:36:03] **ANA:** it's indicating that there is poop.

[00:36:06] **JUAN:** Yeah, and like there's with the things that are like far to your foods Yeah Like if you think about things like onions Like they have a lot of sulfur compounds in them and sulfur is really important for our bodies to get access to and that's why even though they create stinkiness and sometimes even the foods are kind of stinky like our bodies want that because we need sulfur and But like those kind of compounds are the ones that are like extra fragrant when they come out of us as well.

[00:36:34] So can you say your first and last name and what your job is? My name is Anna Makritz and I am an epidemiologist. I work in public health. What does an epidemiologist do? An epidemiologist looks at patterns of, uh, how like we, we can use numbers and words and other things to describe the ways that our health works in the world.

[00:36:56] There's probably a better way to describe it. Like an epidemiologist.

[00:37:00] **ANA:** studies

[00:37:01] **JUAN:** patterns of health and disease and like the things that affect our health that aren't even necessarily our bodies But like things in society, too

[00:37:09] **ANA:** So do you think about farts and poop at all in your job?

[00:37:12] **JUAN:** In my current job, it's not so much of what I think about, but they poop out like one and you guys were talking about like farts and poop, they really affect your society in so many different ways. They affect how we like are able to use water resources and process the waste that we create in the world, whether it's the waste that our own bodies create or that like our society and commerce create.

[00:37:36] So. It has all these ramifications, all these impacts on our world. So farts and poop are, well, farts and poop work together.

[00:37:46] **ANA:** Let's

[00:37:47] **JUAN:** They're two sides of the same coin. Two sides of the same, and they've really shaped, like, where the sewers go, and where we build our homes, and how we structure our buildings, and where we eat food, and what food we eat, and everything.

[00:38:02] Yeah, it's like This episode is only scratching the surface in the same way that when you fart, it's a little blip of all the different gases and things inside of you. It's just the tip of the iceberg. It's just the tip of the fart machine that is your body. I don't know. A little squeak of a balloon.

[00:38:30] There's so much more where that came from, everybody.

[00:38:32] **ANA:** from. Alright, can you make one more fart sound? one.

[00:38:39] **JUAN:** It has some finality to it. That's one of those sober farts. Okay, I'm going to stop it. That was so good, you guys. Thanks for your time. You don't have to use that exact one. I think it's really, I think it is important that you separate poop from farts. Can you say that one more time? I think it's important to separate poops and farts.

[00:39:03] They're two totally different things. They, uh, they join hands a lot, but they're not the same thing. Okay. Done. Doing it.