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Summary

HOW MANY SUBJECTS WITH SEVERE DISORDERS OF GUT-BRAIN INTERACTION HAVE AN INTOLERANCE OF GLUTEN WHEN A DOUBLE-BLIND GLUTEN EXPOSURE IS PERFORMED?

Anh Do

UEG Week Vienna 2024 | Poster

Oesophagus

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A double-blind gluten exposure test in 34 patients with disorders of gut-brain interaction found that gluten rarely provoked symptoms and self-reported wheat sensitivity poorly predicted objective response to gluten challenge.

KEY POINTS

- Only 2 of 34 patients (5.9%, 95% CI 0.7-20.0) showed symptom deterioration during blinded gluten exposure (8 g per day for one week), while 8 patients (23.5%) improved on placebo
- Among seven patients with self-reported gluten or wheat-related symptoms, only one showed a greater than 25% increase in SAGIS score during gluten challenge
- 16 of 34 patients (47%, 95% CI 30-65) reported improved gastrointestinal symptoms during a seven-week gluten-free run-in period
- No effects of gluten exposure on extraintestinal symptoms were observed in this cohort
- The authors conclude that standardised double-blind gluten exposure testing is suitable in routine clinical settings to rule out gluten intolerance in patients with self-reported sensitivity

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