

ASSESSMENT OF THE FATTY ACID PROFILE OF THE ERYTHROCYTE MEMBRANE IN PATIENTS FOLLOWING THE CROHN'S DISEASE THERAPEUTIC DIETARY INTERVENTION (CD-TDI): A PRELIMINARY STUDY

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Poster

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A Mediterranean-based therapeutic dietary intervention (CD-TDI) altered erythrocyte membrane fatty acid profiles in adults with mild-moderate Crohn's disease, reducing pro-inflammatory arachidonic acid and increasing anti-inflammatory n-3 PUFAs over 13 weeks.

KEY POINTS

- In the CD-TDI group (n=13), erythrocyte membrane arachidonic acid decreased significantly (0.3% to 0.1%, $p=0.03$) while oleic acid increased (12% to 13%, $p=0.02$) and DHA showed a trend toward increase (2.9% to 3.4%, $p=0.08$)
- At week 13, the CD-TDI group had significantly higher total erythrocyte membrane n-3 PUFAs than the habitual diet group (4.4% vs 3.2%, $p=0.005$) and higher PUFA balance (15% vs 11%, $p=0.002$)
- PUFA balance was inversely correlated with change in fecal calprotectin in the CD-TDI group ($r^2=0.634$, $p=0.03$)
- The habitual diet group (n=11) showed no significant changes in erythrocyte membrane fatty acid composition over 13 weeks
- This sub-study of an ongoing RCT provides preliminary data on membrane-level effects of dietary intervention in Crohn's disease patients

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