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Summary

THE EFFECT OF DIETETIC RESTRICTIONS AND GASTROINTESTINAL SYMPTOMS ON BODY COMPOSITION IN HYPERMOBILE EHLERS-DANLOS SYNDROME

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A study of 25 hypermobile Ehlers-Danlos syndrome patients found that all reported gastrointestinal symptoms and many showed inadequate caloric and protein intake associated with altered body composition.

KEY POINTS

- All 25 patients reported at least one gastrointestinal symptom with mean IBS-SSS of 293.6; epigastric pain was most common (96%), followed by non-cardiogenic chest pain and nausea (68% each), and heartburn, bloating, and abdominal pain (64% each).
- Food diary analysis showed daily calorie deficiency in 40% of patients, inadequate protein intake in 66%, inadequate carbohydrate intake in 41%, and inadequate lipid intake in 50%.
- Bioimpedance analysis revealed fat-free mass below normal range (71.4% versus normal 75-82%) and fat mass above normal range (28.4% versus normal 18-25%).
- The authors conclude that gastrointestinal symptoms are common in hypermobile Ehlers-Danlos syndrome and may influence dietary quality, leading to unbalanced, caloric- and protein-deficient diets that negatively affect body composition.

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