gutflix
GI learning, personalised

Summary

The role of lifestyle changes and diet

Eirini Dimidi

Postgraduate Teaching Programme Barcelona 2026 | Presentation

Neurogastroenterology & Motility | Surgery | Primary Care | Small Intestine & Nutrition

October 17, 2026

The speaker presented evidence-based dietary strategies for chronic constipation management, highlighting that most patients prefer dietary treatments over medication and that new British Dietetic Association guidelines provide 59 recommendation statements based on systematic reviews of randomized controlled trials.

KEY POINTS

- The speaker reported that psyllium supplements at doses of ten grams per day or higher, magnesium oxide supplements, and kiwi fruit (the whole fruit) improved multiple constipation symptoms in randomized controlled trials, with kiwi fruit performing better than psyllium for stool frequency and gut symptoms
- Specific probiotic strains including Bifidobacterium lactis and high mineral content water showed benefits in improving constipation symptoms, while senna supplements showed no benefit over placebo and prunes showed no advantage over psyllium
- The speaker stated that a high-fibre diet from mixed food sources showed no benefit and worsened some symptoms in the one available trial, emphasizing insufficient evidence to recommend this approach despite its historical use
- The speaker noted that 88 percent of patients in their survey prefer dietary treatments over medication because they perceive diet as more natural with fewer side effects and beneficial to overall health
- Physical activity including aerobic exercise and walking improved constipation symptoms in a meta-analysis of nine trials and should be encouraged when clinically appropriate
- The speaker emphasized that most current evidence is of low quality and highlighted the need for well-designed nutrition research to improve clinical practice

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/d8becdcc-d14f-11f1-aac5-daaa6dbee0a2

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.