

MICRONUTRIENT AND NUTRITIONAL STATUS OF IBD PATIENTS IN REMISSION REFERRED TO A SPECIALIST DIETITIAN CLINIC

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Poster

IBD

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A study of 292 stable IBD patients referred to dietitian clinic found high rates of vitamin D deficiency (68-77%), zinc deficiency (32-35%), and muscle weakness (over a quarter of patients), with obesity more common than underweight status.

KEY POINTS

- Vitamin D deficiency was found in 77% of Crohn's disease patients and 68% of ulcerative colitis patients ($p=0.045$), with zinc deficiency present in 32-35% and ferritin deficiency in 15-23% across both groups.
- Over a quarter of IBD patients demonstrated muscle weakness by hand grip strength criteria, with 37.5% of Crohn's disease and 30% of ulcerative colitis patients falling below the 10th percentile.
- Obesity was more prevalent than underweight status in both disease groups: 16.4% of Crohn's disease and 21% of ulcerative colitis patients were obese, while only 9.5% and 6.7% respectively were underweight.
- The authors conclude that vitamin D status should be monitored in stable IBD patients and that hand grip strength is a quick measure that could be incorporated into routine practice, though further research is needed to establish clinical significance.
- This material would be most relevant to gastroenterologists and dietitians managing stable IBD patients in outpatient settings.

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