NUTRITION THERAPY COMPARED TO STANDARD THERAPY IN CROHN'S DISEASE

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A retrospective cohort study from New Zealand found that Crohn's disease patients receiving dietary intervention (elemental formula and LOFFLEX diet) as monotherapy or add-on therapy had significantly lower Harvey-Bradshaw Index scores at 12 months compared to standard therapy alone, though the difference disappeared by 24 months.

KEY POINTS

- At 12 months, patients on nutrition therapy had a significantly lower Harvey-Bradshaw Index (mean 2.72) compared to standard therapy alone (mean 4.69, p=0.0026), but no significant difference was observed at 24 months.
- The dietary intervention consisted of elemental formula and a Low Fat/Fibre Limited Exclusion (LOFFLEX) diet, used either as monotherapy or in addition to standard therapy (5ASA, immunomodulator, biologic therapy) in non-responsive patients.
- No statistically significant differences were found between groups for CRP, faecal calprotectin, or number of flares at either 12 or 24 months.
- The retrospective study analysed patients at MDHB in Palmerston North, New Zealand, treated between 2019 and 2021, with baseline characteristics standardised using regression model analysis.
- The authors conclude that their findings suggest nutrition therapy may be effective in Crohn's disease and highlight the need for further research in this area.

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