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Summary

NUTRITION THERAPY IN ULCERATIVE COLITIS, A SYSTEMATIC REVIEW

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A systematic review of 13 studies (627 participants) found that anti-inflammatory diet interventions showed positive therapeutic effects in ulcerative colitis in 10 of 13 studies, with potential to induce remission, reduce colectomy rates, and improve quality of life across mild to severe disease.

KEY POINTS

- The review identified 13 studies (six randomised controlled trials) from searches of MEDLINE, EMBASE, and Scopus through December 2022, involving 627 participants with ulcerative colitis.
- Anti-inflammatory diet interventions demonstrated statistically and clinically significant positive therapeutic effects in 10 of 13 studies, including ability to induce and maintain remission, reduce colectomy rates, and improve patient quality of life.
- Efficacy was observed in mild, moderate, and severe forms of ulcerative colitis, and when anti-inflammatory diets were used as monotherapy or as adjunct to conventional therapy.
- This is the first systematic review to indicate that anti-inflammatory diet interventions may reduce ulcerative colitis disease severity for both patient-reported symptoms and endoscopically or biochemically observed signs.
- The authors note that more high-quality randomised controlled trials are needed due to study limitations including small sample sizes and seven of 13 studies not being RCTs.

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