gutflix
GI learning, personalised

Summary

HABITUAL MEAT INTAKE IS ASSOCIATED WITH INCREASED RISK OF DISEASE FLARE IN ULCERATIVE COLITIS: INITIAL RESULTS FROM THE PREDICCT STUDY

Lauranne Derikx

UEG Week Copenhagen 2023 | Poster

IBD

October 16, 2023

The PREdiCCt study found that habitual meat intake was associated with doubled risk of disease flare in ulcerative colitis patients in remission, but not in Crohn's disease patients.

KEY POINTS

- In 1017 IBD patients in remission followed for median 1481.5 days, the hard flare rate was 5.6% per year with no difference between Crohn's disease and ulcerative colitis.
- Patients in the highest quartile of meat intake (from baseline total protein 91.9 g/day, 35.8 g/day from meat) had a hazard ratio of 2.08 for hard flare in ulcerative colitis compared to the lowest quartile (95% CI 1.14-3.80; p=0.017), with no association seen in Crohn's disease.
- Baseline fecal calprotectin predicted hard flare at levels of 50-250 mcg/g and above 250 mcg/g in both disease subtypes.
- No associations with hard flare were observed for total dietary fiber intake, N-6 polyunsaturated acids, or ultra-processed foods measured by NOVA score.
- The authors describe these as the first prospective data on habitual diet and IBD flare in a Western population and suggest dietary modification merits investigation for reducing flare risk in ulcerative colitis.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/e78e4b8e-743c-11ee-9724-0242ac140004

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.