

COMPARATIVE ANALYSIS OF DIETARY AND LIFESTYLE HABITS BETWEEN PATIENTS WITH AND WITHOUT DIVERTICULAR DISEASE

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Poster

Colorectal

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A cross-sectional study of 1112 Italian colonoscopy patients found no correlation between Mediterranean diet adherence and presence of diverticular disease, but in patients with diverticular disease, higher Mediterranean diet scores and consumption of meat and legumes were associated with less abdominal pain.

KEY POINTS

- Among 1112 patients undergoing colonoscopy at a tertiary hospital in Northeastern Italy, 35.9% had diverticular disease, which was significantly associated with male sex, older age (61-75 years), overweight, cardiovascular disease, polypharmacy, smoking, alcohol use, cheese consumption, abdominal pain as chief complaint, and lower education attainment.
- No correlation was found between diverticular disease and overall Mediterranean diet score or its individual components in the study population.
- In patients with diverticular disease, abdominal pain was inversely and significantly associated with elevated Mediterranean diet score (OR=0.085), meat consumption (OR=0.096), and legume consumption (OR=0.079).
- The speaker reports that none of the Italian patients in the study had good adherence to Mediterranean diet and that clinical guidelines are not clear about treatment and management of diverticular disease.
- A prospective interventional study is ongoing to evaluate whether nutritional counselling on Mediterranean diet can be effective on the clinical course and therapy of diverticular disease.

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