

THE CROHN'S DISEASE THERAPEUTIC DIET INTERVENTION (CD-TDI) FOR REDUCING INFLAMMATION IN MILD-MODERATELY ACTIVE CROHN'S DISEASE: A PRELIMINARY ANALYSIS

Maitreyi Raman

UEG Week Copenhagen 2023

Poster

Small Intestine & Nutrition

October 15, 2023

A 13-week randomized controlled trial found that the Crohn's Disease Therapeutic Dietary Intervention significantly reduced fecal calprotectin, C-reactive protein, and clinical disease activity compared with conventional management in 28 patients with mild-to-moderately active Crohn's disease on stable medical therapy.

KEY POINTS

- In the CD-TDI group (n=16), fecal calprotectin decreased significantly from 130 ug/g at baseline to 72 ug/g at week 13 (p=0.01) and differed significantly from the conventional management group at week 13 (p=0.04).
- At week 13, C-reactive protein was significantly lower in the CD-TDI group (1.0 mg/L) compared with the conventional management group (4.5 mg/L) (p=0.002).
- The CD-TDI group experienced a significant decrease in Harvey-Bradshaw Index from 3.0 at baseline to 2.0 at week 13 (p=0.05), which was not observed in the conventional management group.
- Changes in inflammation correlated with decreases in zonulin and lipopolysaccharide binding protein and with higher abundance of microbes associated with gut homeostasis and degradation of complex carbohydrates and polyphenols.
- The authors suggest the CD-TDI, which incorporates Mediterranean diet principles, could be a potential adjunct management strategy and state that adequately powered studies are needed to confirm these preliminary results.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/30340a46-743c-11ee-809d-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.