

IMPACT OF MEDITERRANEAN DIET AND PHYSICAL ACTIVITY IN PATIENTS WITH SYMPTOMATIC UNCOMPLICATED DIVERTICULAR DISEASE (SUDD)

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Poster

Colorectal

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A 3-month counseling program promoting Mediterranean Diet and physical activity in 84 patients with symptomatic uncomplicated diverticular disease was associated with sustained symptom reduction, decreased medication use, and fewer complications at one year compared to a control group.

KEY POINTS

- At 12 weeks, the Study Group showed increased Mediterranean Diet adherence (MediLite score 9.12 to 10.3, $p=0.011$) and 92.5% reported daily walking for 30-60 minutes compared to 42.5% at baseline, with adherence sustained at 52 weeks.
- Study Group experienced significant reductions in abdominal pain and constipation compared to controls at both 12 and 52 weeks, with IBS-SSS scores decreasing from 141 to 69.1 in the Study Group versus 150 to 101 in controls at 52 weeks ($p<0.001$).
- Medication use for diverticular disease dropped from 43.9% to 24.39% in the Study Group at 52 weeks, while the Control Group showed increased medication use from 25.58% to 83.72%, particularly rifaximin (6.98% to 34.88%, $p<0.001$).
- Disease complications including acute diverticulitis, hospitalization, and surgery occurred in 12 Control Group patients versus 1 Study Group patient at 52 weeks ($p=0.001$).
- The study is the second phase of research following a 2023 presentation that found poor Mediterranean Diet adherence and correlation between diet and symptoms in over 1000 patients with diverticular disease.

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