gutflix
GI learning, personalised

Summary

IMPROVED LIPID AND GLUCOSE PROFILE IN IBS PATIENTS AFTER A DIETARY INTERVENTION WITH SSRD OR LOW FODMAP

Mauro D'Amato

UEG Week Vienna 2024 | Poster

Colorectal

October 13, 2024

A randomized trial of 155 IBS patients found that both starch- and sucrose-reduced diet (SSRD) and low FODMAP diet improved gastrointestinal and extraintestinal symptoms over 24 weeks without major nutritional deficits, with SSRD showing greater improvements in metabolic parameters including weight, lipids, and HbA1c.

KEY POINTS

- Both SSRD and low FODMAP diets significantly improved all gastrointestinal and extraintestinal symptoms in IBS patients ($p<0.001$ for most variables) over 24 weeks.
- SSRD showed more pronounced weight reduction and sustained improvements in cholesterol, LDL cholesterol, and non-HDL cholesterol throughout the 24-week study, while low FODMAP showed lipid improvements only at 4 weeks.
- HbA1c decreased in both diet groups at 4 weeks ($p=0.010$ for SSRD, $p=0.009$ for low FODMAP), indicating improved glycemic control.
- Nutritional status remained largely stable, with the only notable deficits being lower cobalamin at 24 weeks in both groups and lower ferritin in the low FODMAP group.
- This study would be most relevant for clinicians managing IBS patients with concerns about metabolic comorbidities or the nutritional safety of dietary interventions.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/70df4fdc-9110-11ef-81be-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.