THE INFLUENCE OF DIETARY INTAKE ON GASTROINTESTINAL SYMPTOMS AND INFLAMMATION MARKERS IN PERITONEAL DIALYSIS PATIENTS

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UEG Week Copenhagen 2023 | Poster

Small Intestine & Nutrition

October 15, 2023

A study of 17 peritoneal dialysis patients found that gastrointestinal symptoms, fiber intake, and potassium intake were significantly associated with inflammation markers.

KEY POINTS

- Among 17 peritoneal dialysis patients, protein intake averaged 0.87 g/kg/day and fiber intake averaged 13.75 g/day, both inadequate according to guidelines for this population.
- Patients reported minor to mild discomfort from abdominal pain, constipation, and indigestion, with average stool consistency in the normal range (Bristol Stool Form Scale Type 3.23).
- Dietary potassium intake correlated with dietary fiber intake (r=0.62, p=0.025) and with serum IL-6 (r=0.72, p=0.006), while total gastrointestinal symptom scores correlated significantly with serum albumin (p=0.0010) and dietary potassium intake (p=0.0015).
- Bristol stool consistency and dietary potassium intake both showed significant correlations with serum hsCRP (p=0.0255 and p=0.042, respectively).
- The authors conclude that gastrointestinal symptoms in peritoneal dialysis patients remain understudied despite their impact on dialysis efficacy and quality of life.

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