

EFFECTS OF FODMAPS AND GLUTEN ON IRRITABLE BOWEL SYNDROME - FROM SELF-REPORTED SYMPTOMS TO MOLECULAR PROFILING

Per Martin Hellström

UEG Week Copenhagen 2023

Poster

Small Intestine & Nutrition

October 15, 2023

A large double-blind study found that gluten caused no IBS symptoms and FODMAPs triggered only modest symptoms, while the Bristol Stool Form Scale showed only modest agreement with objective stool water content.

KEY POINTS

- Gluten caused no symptoms in IBS patients, and FODMAPs triggered only modest symptoms, suggesting diet has a limited effect on IBS symptom management.
- The Bristol Stool Form Scale conformed only modestly with stool water content, indicating caution is needed when using it for IBS subtype diagnosis.
- FODMAPs increased saccharolytic microbial genera, phenolic-derived metabolites, and 3-indolepropionate while decreasing bile acids, with these metabolites related to decreased risk of type 2 diabetes and inflammation.
- Only weak correlations were detected between FODMAP-related metabolites and IBS symptoms, including a weak correlation between 3-indolepropionate and abdominal pain and quality of life interference.
- No molecular biomarkers of differential response to dietary challenges were identified despite comprehensive analytical approaches.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflifx.eu/search/d/2810b4e6-743b-11ee-8163-0242ac140004>



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.