

NOURISHING REMISSION: THE ROLE OF CROHN'S DISEASE EXCLUSION DIET AND PARTIAL ENTERAL NUTRITION IN PREGNANCY: A COMPREHENSIVE REVIEW

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A case report describes a pregnant woman with Crohn's Disease who declined medication and was managed with the Crohn's Disease Exclusion Diet plus partial enteral nutrition from weeks 26-28 until delivery.

KEY POINTS

- A 34-year-old woman recently diagnosed with Crohn's Disease opted not to use medication during pregnancy and initially received conservative treatment for 26 to 28 weeks.
- After symptom deterioration and increased calprotectin levels, she commenced the Crohn's Disease Exclusion Diet combined with partial enteral nutrition, resulting in significant symptomatic improvement and decreased faecal calprotectin levels.
- She delivered a healthy baby at 40 weeks of gestation.
- The authors suggest this case demonstrates potential efficacy of dietary management for Crohn's Disease during pregnancy, though they note further research is needed to compare with conventional treatments.
- The case highlights the importance of preconception counselling regarding medication safety and disease management during pregnancy.

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