

DIETARY PATTERN ANALYSIS IDENTIFIES FOUR CLINICALLY RELEVANT DIET PHENOTYPES IN HYPERMOBILE EHLERS DANLOS SYNDROME (HEDS)

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UEG Week Copenhagen 2023

Poster

Small Intestine & Nutrition

October 15, 2023

A cross-sectional survey of 470 patients with hypermobile Ehlers-Danlos Syndrome identified four distinct dietary patterns, with the most common being low energy intake, particularly among those attending tertiary clinics and using artificial nutrition.

KEY POINTS

- Four dietary clusters were identified: low energy intake (n=169, most common), vegetarian/health conscious (n=62), prudent/low residue (n=133), and refined/highly processed food (n=106).
- Patients with low energy intake were most likely to attend tertiary neurogastroenterology clinics, have dietetic consultations, and use artificial nutrition.
- The vegetarian/health conscious group had the lowest depression and gastrointestinal-specific anxiety scores and were most likely to take nutritional supplements.
- Patients consuming refined/highly processed foods were youngest, had higher depression, gastrointestinal-specific anxiety, and ARFID scores, and were least likely to attend tertiary clinics or take supplements.
- No significant associations were found between dietary patterns and postural orthostatic tachycardia syndrome, mast cell activation syndrome, or disorders of gut-brain interaction.

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