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GI learning, personalised

Summary

PERSONALIZED ELIMINATION DIET GUIDED BY LEUKOCYTES ACTIVATION TO FOOD FOR THE TREATMENT OF IRRITABLE BOWEL SYNDROME: A DOUBLE-BLIND RANDOMIZED SHAM-CONTROLLED STUDY

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Colorectal

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A randomized controlled trial found that an Alcat test-guided personalized elimination diet was superior to a sham balanced diet for reducing symptoms in patients with IBS-D and IBS-M over eight weeks.

KEY POINTS

- 85.7% of patients in the Alcat-diet group achieved a clinically meaningful symptom reduction (≥50 points on IBS-SSS) compared with 54.5% in the control group (p=0.005).
- Patients on the Alcat diet reported significantly greater overall improvement (85.7% vs. 57.6%, p=0.010) and reduction in abdominal pain (p=0.020) compared to controls.
- The benefit was most pronounced in patients who had not previously tried dietary interventions (100% response rate vs. 57% in controls, p=0.010).
- No serious adverse events were reported during the eight-week follow-up period.
- The study was partially funded by Cell Science Systems GmbH (Alcat Europe), the manufacturer of the test used for dietary guidance.

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