

FERMENTABLE FIBER INTAKE AND REDUCED CROHN'S DISEASE RISK: INSIGHTS FROM THE GEM PROSPECTIVE COHORT

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Presentation

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Higher dietary intake of inulin and β -glucan was associated with reduced risk of developing Crohn's disease in healthy first-degree relatives of CD patients followed prospectively for a median of 8.9 years.

KEY POINTS

- In 2,659 healthy first-degree relatives of CD patients, 76 developed CD over median 8.9 years of follow-up; higher intake of inulin and β -glucan were each associated with 22% reduced CD risk (HR = 0.78; 95% CI=0.61–0.99; p=0.04 for both).
- Lower intake of pectin, inulin, FOS, and β -glucan was associated with impaired intestinal permeability (LMR >0.025; 0.005<p<0.04), and lower inulin intake was associated with elevated faecal calprotectin (p = 0.046).
- Higher inulin, FOS, and pectin intake was associated with reduced abundance of *Ruminococcus torques* and increased abundance of the NK4A214 group (phylum Firmicutes), taxa previously shown to be protective against CD onset ($3.25 \times 10^{-10} < q < 0.04$).
- Higher pectin intake was associated with increased faecal microbiome alpha diversity (p = 0.028).
- The presenter stated that an intervention study is needed before making clinical recommendations to prevent CD in at-risk populations.

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