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CLINICAL NUTRITION IN INFLAMMATORY BOWEL DISEASE: ADVANCED ASSESSMENT OF NUTRITIONAL RISK AND FOOD INTOLERANCE

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Background and Aim: Nutrition in Inflammatory Bowel Disease (IBD) has long been a concern. Many dietary items are suspected to exacerbate the disease symptoms, of which their restriction from diets places the patients at serious nutritional risks. The aim of this study is to investigate the difference in food intolerances between IBDs, evaluate IBD patients' nutritional risk and status.

Methods: A total of 50 patients with IBDs (28 crohn's, 15 ulcerative colitis and 7 general IBD) were included in this cross-sectional study. A questionnaire targeting dietary habits and food intolerances was filled, along with a food frequency questionnaire and an SGA evaluation. Anthropometrics and body composition were measured to assess the nutritional status of the patients.

Results: Charcuterie: sausage, pate, salami (p=0.035), green or black olives (p=0.033), leek (p=0.03), white bread (p=0.017), breakfast cereals (p=0.049), spices (p=0.035) and condiments showed a significant difference in tolerance between the diseases. Vitamin D and the trace elements copper, zinc and calcium were totally deficient in participants. Deficiency of other vitamins and trace elements was seen in more than half of the population. 10% of the population were underweight, 40% within normal range and 50% were overweight and obese.

Conclusions: IBD patients tend to modify their dietary intake in order to affect digestive tract symptoms. The elimination of food items increases the risk of deficiency in these patients. No one item may be specified as intolerant, for the variability in items' effects between disease patients. The indication is to follow a personalized diet and to follow up with a specialist.

Biography

Bilal Hotayt is certified as Gastroenterologist and Hepatologist. He is graduated from the Saint Joseph University of Beirut, Hotel Dieu de France and Georges Pampidou Medical Center at France. He has also a Master Degree in Clinical Nutrition and Diploma University in Nutritional management of Inflammatory Bowel Disease. He is a lecturer at the Nutrition and Dietetics Department at the Faculty of Public Health at the Lebanese University. His research interests lies in the area of public health and diseases, ranging from surveys to clinical trials. In recent years, he has focused on studying the effect of nutritional interventions on health community's outcomes. More than 7 clinical trials in collaboration with Pharmaceutical companies are in process and under his guidance aiming to improve the quality of life of communities affected with gastrointestinal diseases living in the developing countries.

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