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Dietary supplements and altered diets for IBD: Hype or help?


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This program will review the best available evidence of the use of dietary supplements (herbals, nutraceuticals, probiotics, fish oils) for the management of IBD. Inflammatory bowel disease (IBD) is a disorder characterized by idiopathic chronic intestinal inflammation associated with the utilization of costly medications, disease and medication-associated complications, hospitalizations, poor quality of life, surgical procedures, malnutrition, and much more. IBD is estimated to afflict 1.2 million Americans with 21-60% of IBD patient have utilized at least one form of CAM with dietary supplements and altered diet constituting the top modalities with optimum symptom control as the rationale. Dietary supplements and altered diets are promoted on the Internet by healthcare practitioners and even non-

licensed individuals often without supporting evidence and place patients at risk due to macronutrient restriction (diet) or toxicity (dietary supplements). IBD patients often turn to their physician whether dietary supplements are useful for control of their disease symptoms. The goal of this program is to provide an evidence-based review of dietary supplements in the management of IBD. To define the pathophysiology of inflammatory bowel disease, the potential mechanisms of nutritional (oral diet, dietary supplements) disease pathogenesis and their patterns of utilization in this population is to be reviewed, the evidence of dietary supplements and altered diets in the management of inflammatory bowel disease.

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