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Inflammatory Bowel Diseases and Nutrition

M. Schultz¹

¹Department of Medicine, University of Otago, Dunedin, New Zealand

Inflammatory Bowel Diseases (IBD) are chronic intestinal disorders, characterised by periods of quiescent disease and episodes of heightened disease activity. The diseases mainly affect the gastrointestinal tract. Often, patients experience a limited quality of life as a result of dietary restrictions, fatigue and other factors leading to mood disturbances, malnutrition, and inactivity amongst others. This presentation will give an overview of work done to identify factors leading the above findings which in our view are to some degree modifiable. We will look at availability and expertise of dietitians supporting patients with IBD, dietary and lifestyle modifications aiming to reduce the Burden of Disease.

Reference

1. McCarthy *et al.* (2023) *Nutrition & Dietetics* **80**, 538–545.