

Gluten-free dubious benefits for coeliacs

The burger brings danger with the advent of Masterson



Quality of the Gluten Free Diet For Quality of Life?



*Gluten-free diet...
...Arsenic, mercury exposure*

"Amber waves of pain?"

**NICK TROTT. DIETITIAN. ACADEMIC UNIT OF GASTROENTEROLOGY.
ROYAL HALLAMSHIRE HOSPITAL**



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THE DANGERS
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FREE

WHAT IS “DIET QUALITY”?

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Diet
Quality?



Poorly
Defined



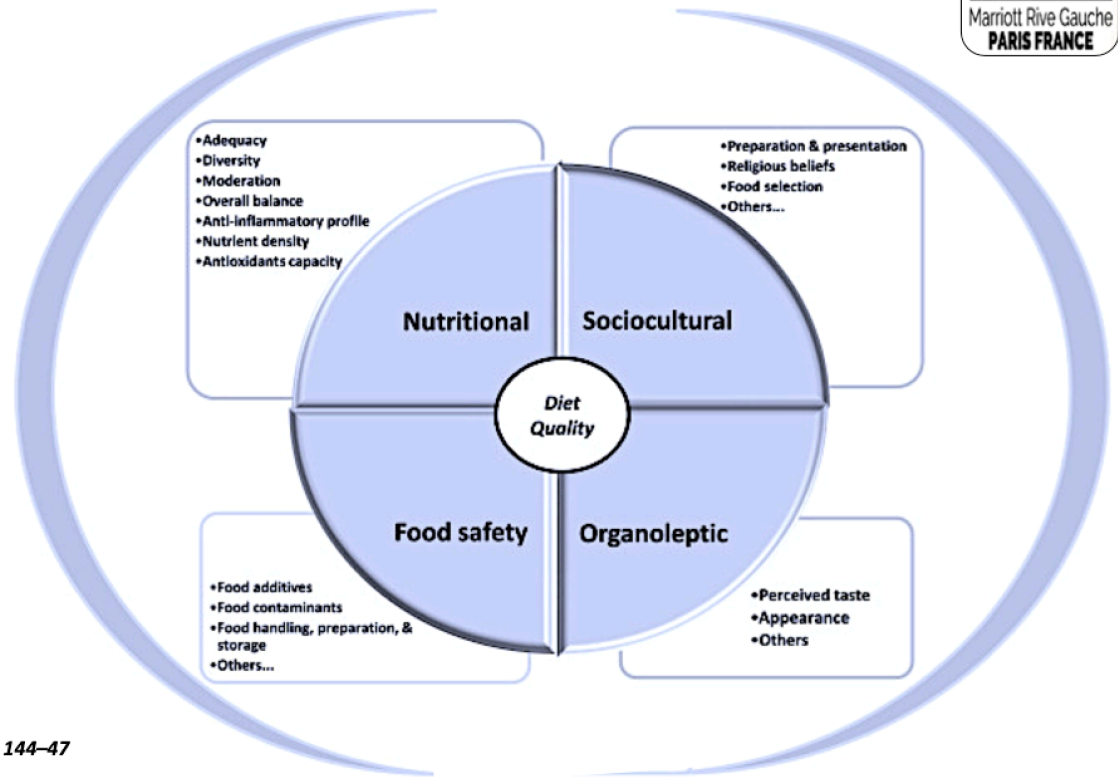
No Consensus
on Measures

1. *Diet Quality Index (DQI)*
2. *Diet Quality Index Revised (DQI-R)*
3. *Diet Quality Index International (DQI-I)*
4. *Healthy Eating Index (HEI)*
5. *Healthy Diet Indicator (HDI)*
6. *Mediterranean Diet Score (MDS)*
7. *Food-Based Quality Index (FBQI)*
8. *Food Pyramid Index (FPI)*

WHAT IS "DIET QUALITY"?



- ➔ Diet Quality?
- ➔ Poorly Defined
- ➔ No Consensus on Measures



THE GFD & 'DIET QUALITY' IN COELIAC DISEASE

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CLINICAL BENEFIT

- ↓ Inflammation
- ↓ Mucosal Injury
- ↓ Malignancy
- ↑ Bone Density
- ↑ Haematinics

Patient Centred Care

- Diabetes I/II
- BAM
- SIBO
- IBS
- Allergy
- IBD

- Obesity
- Dyslipidemia
- CVD Risk
- Type II DM
- Diet Deficiencies

ASSOCIATED DISEASE

HEALTH PROMOTION

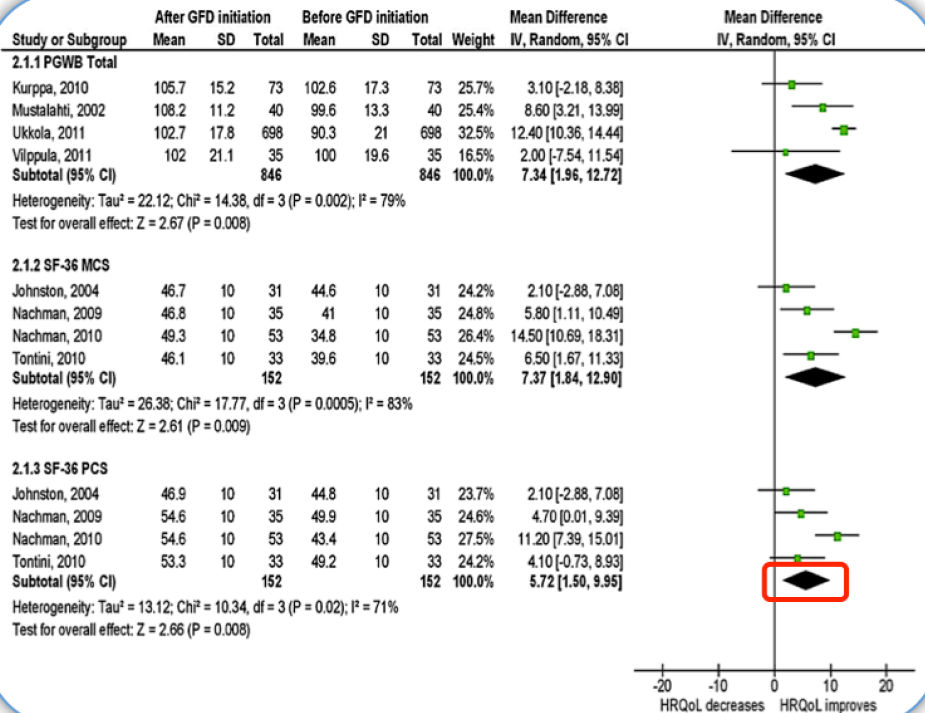
"CARE THAT IS RESPECTFUL OF, AND RESPONSIVE TO, INDIVIDUAL PATIENTS' NEEDS AND PREFERENCES, ENSURING PATIENTS' VALUES GUIDE DECISION-MAKING".

"CLINICIANS MUST PROMOTE DIETARY ADHERENCE AS WELL AS EMOTIONAL AND SOCIAL WELL-BEING FOR INDIVIDUALS WITH CD".

QUALITY OF LIFE IN CD ONE YEAR POST DIAGNOSIS ON GFD

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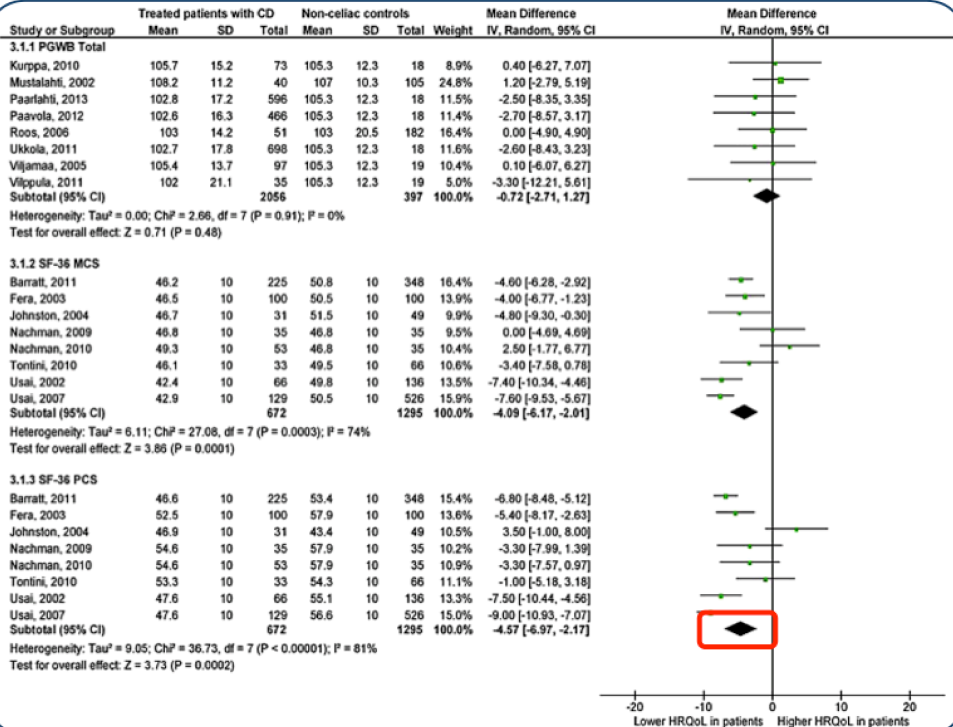
• **8 Trials.**

• **1000 patients included.**

**“The Gluten Free Diet
Significantly Improves
HRQoL”**

(P = 0.008)

QUALITY OF LIFE IN CD ONE YEAR POST DIAGNOSIS ON GFD



- 16 Trials.
- 2728 patients included.
- 1692 controls.

**“The Gluten Free Diet
Does Not Normalize
HrQoL In CD.”**

THE GFD & 'DIET QUALITY' IN COELIAC DISEASE

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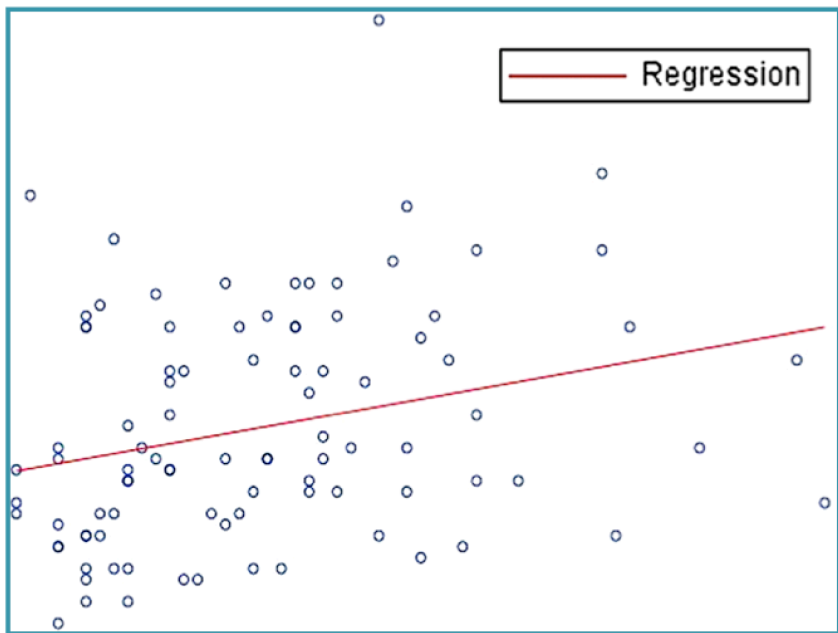
skins

THE QUALITY OF LIFE IN COELIAC DISEASE

AND ITS NOT JUST PATIENTS QOL – PARTNER BURDEN TOO.

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COELIAC PATIENT SYMPTOMS



PARTNER BURDEN SCORES

Partner Burden:

- Common in CD, with more than one-third of partners experiencing mild-to-moderate burden.
- Directly correlated with patient symptom severity
- Increases with poorer relationship satisfaction.

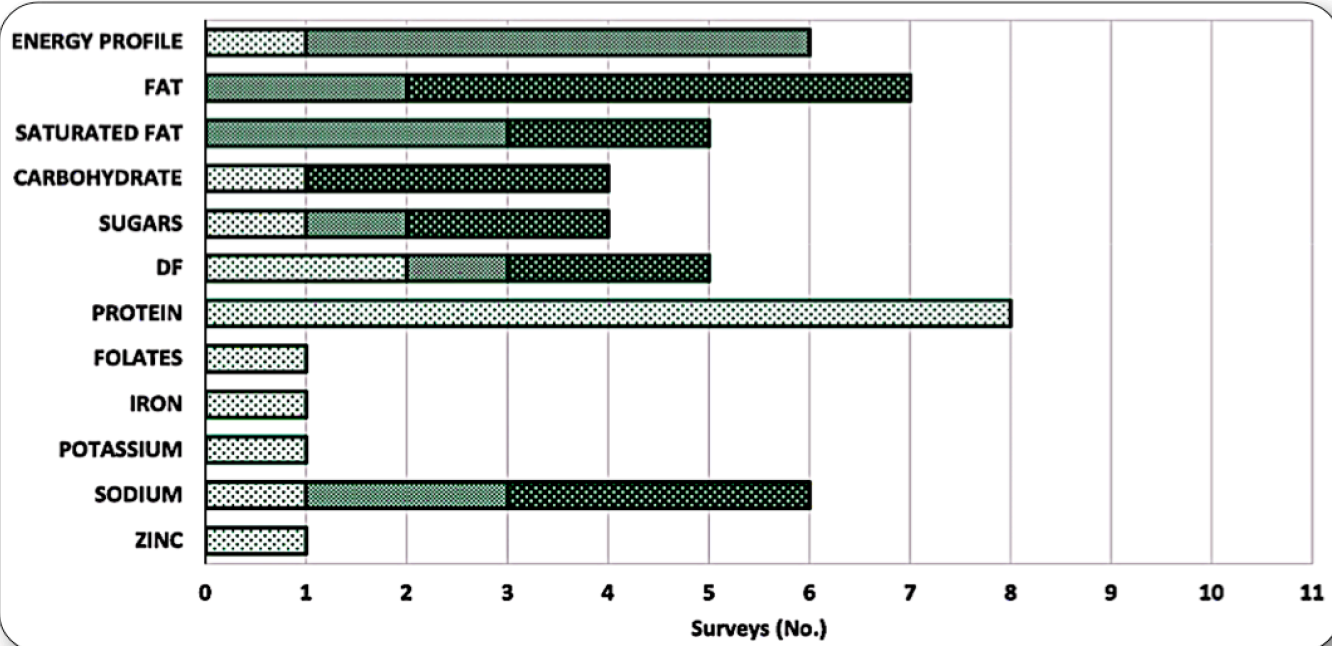
Healthcare providers should address relationship factors in their care of patients with CD.



COMPARISON OF SURVEYS GF FOOD PRODUCTS Vs GC EQUIVALENTS IN TERMS OF ENERGY & NUTRIENT CONTENT

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Content In GF vs GC Food Products



LOWER COMPARABLE HIGHER

Melini (2019) Nutrients, 11(1)

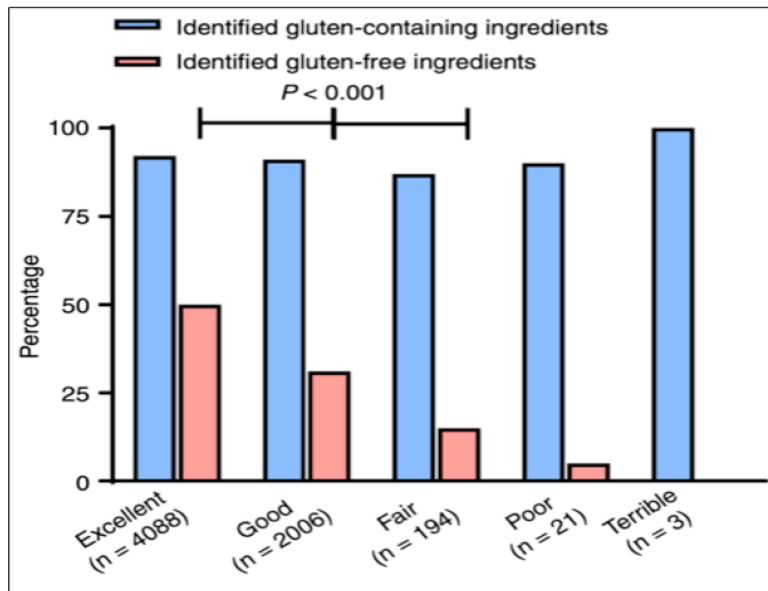


Food knowledge and psychological state predict adherence to a gluten-free diet in a survey of 5310 Australians and New Zealanders with coeliac disease

E. P. Halmos^{1,2} | M. Deng³ | S. R. Knowles^{1,4,5,6} | K. Sainsbury⁷ | B. Mullan⁸

TABLE 1 Diagnosis and management of coeliac disease in 7044 people with coeliac disease who consented and participated in a survey distributed amongst Australians and New Zealanders

Characteristic	Options	n (%)
Regular review with medical professional	No	2599 (37)
	Yes	3970 (56)
	No response	475 (7)
Source of gluten-free diet information	General dietitian	2297 (33)
	Dietitian specialising in coeliac disease	1690 (24)
	No dietitian	2582 (37)
	No response	475 (7)



PSYCHOLOGICAL TECHNIQUES TO SUPPORT DIETARY QUALITY IN THE GLUTEN FREE DIET

Encourage development of future-focused, internal motivations for adherence.

Identify risky situations. Self-control and Resources are low (different routine, busy, stressed?) → Plan!

Enlist and/or mobilise social support.

Normalise/validate difficulties and need for effort at start → easier with time (Habit).

Identify depressive symptoms → referral to psychologist.

