



Nutrition in pediatric IBD: Driver and Therapeutic Opportunity

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特別講演 2

Nutrition in pediatric IBD: Driver and Therapeutic Opportunity

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Inflammatory bowel diseases (IBD), including Crohn's disease (CD) and ulcerative colitis (UC), are increasingly recognized in children and adolescents, particularly in countries with Western lifestyle. They are assumed to result from exposure to environmental triggers in individuals with a genetic predisposition to these diseases. Other important etiological factors are the microbiome and a dysregulation of the gut immune response. Environmental risk and protective factors for pediatric IBD include diet, antibiotic exposure, bedroom sharing, *Helicobacter pylori* infections and living in an urban environment. The association between breastfeeding and risk of subsequent IBD has been studied repeatedly and summarized in several meta-analyses. The most recent one Xu et al. APT 2017; 46:780-789) included 35 studies comprising 7536 individuals with CD, 73353 with UC and 330 222 controls. Ever being breastfed was associated with a lower risk of CD (OR 0.71, 95% CI 0.59-0.85) and UC (OR 0.78, 95% CI 0.67-0.91). The effects were significant greater among Asians (OR 0.31, 95% CI 0.20-0.48) compared to Caucasians (OR 0.78, 95% CI 0.66-0.93; $p=0.0001$). Longer duration of breastfeeding increased the protective potential. Other dietary risk factors for pediatric IBD include high consumption of meat, total and saturated fat, while a diet high in fruits, vegetables and fiber seems to be protective. The effect of nutrients on the microbiome and immune response is also used for therapy: exclusive enteral nutrition with a liquid formula for 6 – 8 weeks is extremely effective and therefore first line treatment to induce remission in children with active Crohn's disease.

【Biography】

Academic background :

From 1986 until 1988, she was a clinical research fellow in the Div. of Paediatric Gastroenterology at the Hospital of Sick Children, Toronto, Canada.

Professor Koletzko is the Head of Div. of Paediatric Gastroenterology and Hepatology, Dr. v. Haunersches Kinderspital, Ludwig Maximilian University Munich, Germany.

Specialty :

Her research involves projects in inflammatory bowel disease, coeliac disease, *Helicobacter pylori* infection, and food allergy. She is one of the principal investigators of the German Infant Nutrition Intervention (GINI Plus) study and the ProCeDE trial (evaluation of the new guidelines of coeliac disease), the German investigator EU-funded projects in coeliac disease (PrevendCD) and IBD (PIBD-SetQuality), and member of the coeliac group for the NIH funded TEDDY study.

The main attend scientific societies :

Sibylle Koletzko served as secretary of GI-committee from 2005-2012 and council member of European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) (2009-2012), and president of the German Society of Paediatric Gastroenterology and Nutrition (GPGE) (2007-2009). She chaired of the ESPGHAN *Helicobacter* Working group from 2007-2017, and is member of the ESPGHAN Porto group for IBD and the Coeliac working group. She presented ESPGHAN in the Scientific Committee of the United European Gastroenterology (UEG) from 2013-2017. She has contributed to several national and international guidelines, including Crohn's disease, ulcerative colitis, coeliac disease, *Helicobacter pylori* infection, infectious gastroenteritis, cow's milk and food allergy. She is member of the Editorial board of the Journal of Paediatric Gastroenterology and Nutrition and is principal author or co-author of >400 scientific publications, book chapters and reviews.