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The Role of Nutrition in the Management of the Irritable Bowel Syndrome**Gerard E. Mullin***Johns Hopkins University School of Medicine, Baltimore, MD 21205, USA*

Irritable bowel syndrome (IBS) is the most common functional digestive condition in the industrialized world. Dietary approaches for irritable bowel syndrome (IBS) have undergone countless clinical trials with an emphasis on elimination diets. In the early 2000s, IBS experts have advocated for the avoiding of individual components such as dairy, caffeine, spices, and fatty foods. In the 2010s and onward, the avoidance of gluten and FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) has become the focus of attention. The vast majority of patients with IBS felt that their symptoms were triggered by dietary factors and try a dietary modification to improve their symptoms. Most patients with IBS also use at least one form of complementary and alternative medicine to improve control symptoms with dietary supplements and functional foods being among the most common. This presentation will provide an overview of the research on dietary modifications, functional foods and nutraceuticals for the treatment of IBS.

Keywords: Gut Microbiome; Irritable Bowel Syndrome; Elimination diets, Nutrition, Dietary Supplements.

Biography

Dr. Mullin is an internist, gastroenterologist and nutritionist. Dr. Mullin is nationally and internationally renowned for his work in gastroenterology and nutrition. Mullin has accumulated over 30 years of clinical experience in the field of integrative gastroenterology and earned his master's degree in nutrition while in practice. In 2009 he was named by the American Dietetic Association's as an honorary member. Dr. Mullin has authored/edited several books in nutrition. He has been interviewed on radio and television and has contributed to many stories in print and electronic media.

gmullin1@jhmi.edu