The importance of food items for MS course correction

K. Potapova, L. Sokolova
Neurology department, bogomolets national medical university, Ukraine

Many researchers are demonstrating a link between the gut microbiota and MS. Diet plays an important role in the shaping of gut microbiota so it may have a possible role in disease's initiation and modulation. Aim: The objective of our study was to investigate the importance of food items in MS course correction among the Ukrainian population. Material and methods: In this study, we included 15 cases with definite MS and control group. The diagnosis was established in accordance with the McDonald`s criteria, EDSS = 2-3. The onset of symptoms occurred up to 3 years prior to the interview at the center of Multiple sclerosis, Kyiv, Ukraine. The identical number of controls, individually matched by sex, age and area of residence, was recruited from patients with various non-autoimmune neurological disorders. Dietary information was obtained by using a dietary questionnaire. Results: regular daily consumption of fruits (OR=0.4, p=0.022) and green vegetables were associated with lower risk of the disease (OR=0.33, p=0.018). Frequent consumption of beef (OR=1.8, p0.005), chicken (OR=1.97, p0.005) and butter (OR=1.87, p0.005) were significantly related to MS. There were no reliable correlations between the type of diet and onset of MS. Conclusion: knowledge about food item and clustering into dietary pattern may be useful in MS course correction, further investigation is needed.