



The importance of food items for MS course correction

L. Sokolova K. Potapova

Bogomolets national medical university, Kyiv, Ukraine

Neurology department

ABSTRACT

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.

METHODS

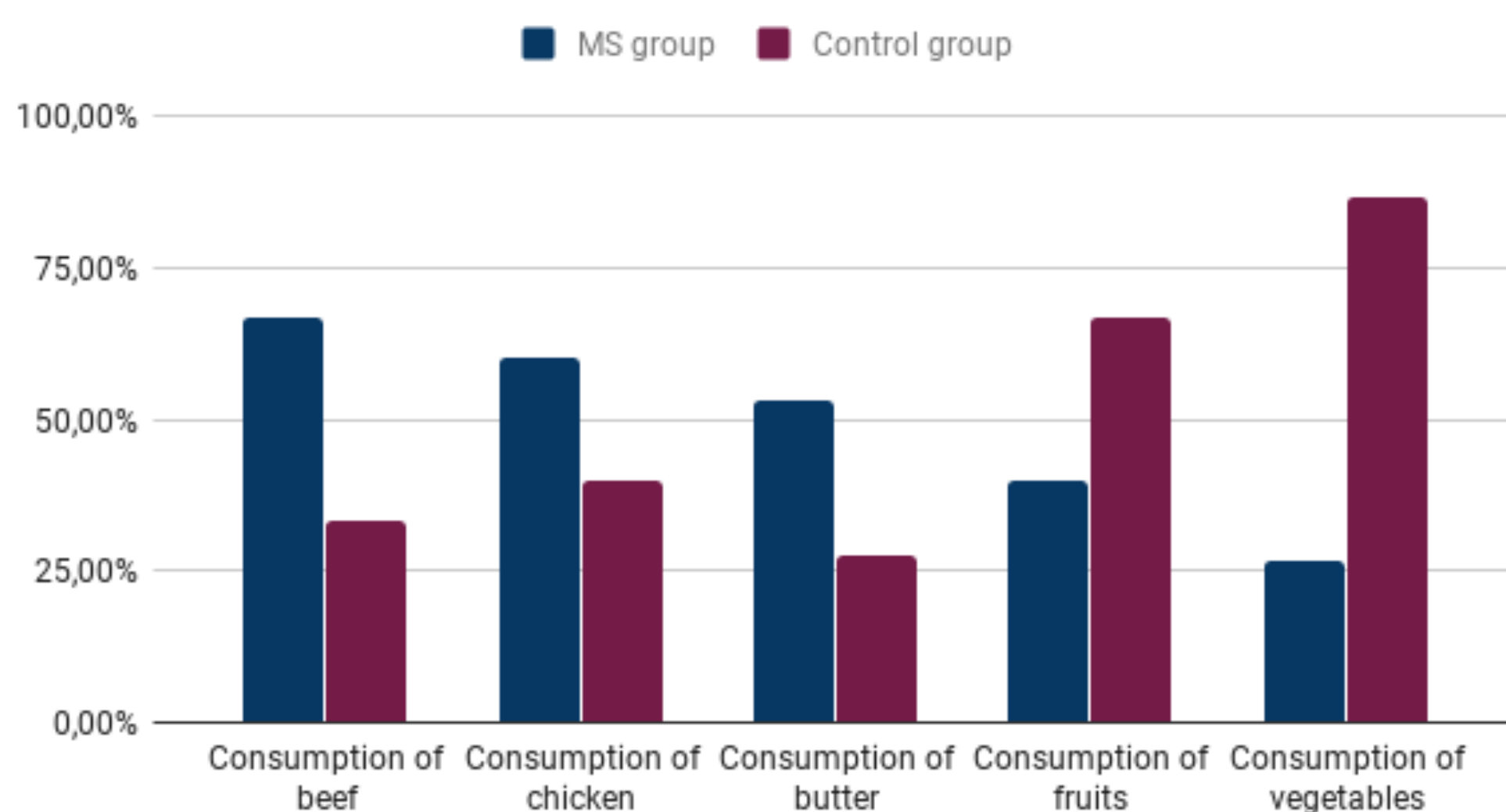
In this pilot study, we included 15 cases with definite MS and control group. The diagnosis was established in accordance with the McDonald's criteria, EDSS = 2-3. The onset of symptoms occurred up to 3 years prior to the interview at the center of Multiple sclerosis, Kyiv, Ukraine. The identical number 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 FFQ-modify dietary questionnaire. Nutrition products were grouped into clusters and 5 types of dietary models were derived. In our previous study we found that western, high-fat, vegetarian, lactovegetarian and traditional models all were identified in the examined patients.

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, $p<0.005$), chicken (OR=1.97, $p<0.005$) and butter (OR=1.87, $p<0.005$) were significantly related to MS. Proportion of patients who were eating beef, chicken, and butter more than 5 times a week among MS patients is 66.7%, 60%, and 53% respectively while in control group it is 33.3%, 40%, and 27.7% respectively. Also, there were no reliable correlations between the type of diet and onset of MS.

More than 5 times a week



CONCLUSIONS

Pilot study revealed that food items and type of diet may play a role in the risk of developing MS. Following a diet with consumption of beef, chicken and butter less than 5 times a week and with consumption of green vegetables and fruits daily may decrease the risk of developing MS and can be useful for disease course correction, but further investigation is needed.

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