



IBD and nutrition

malnutrition, screening and improving information

Anna Lind Traustadóttir

Alfons Ramel

Ólöf Guðný Geirsdóttir

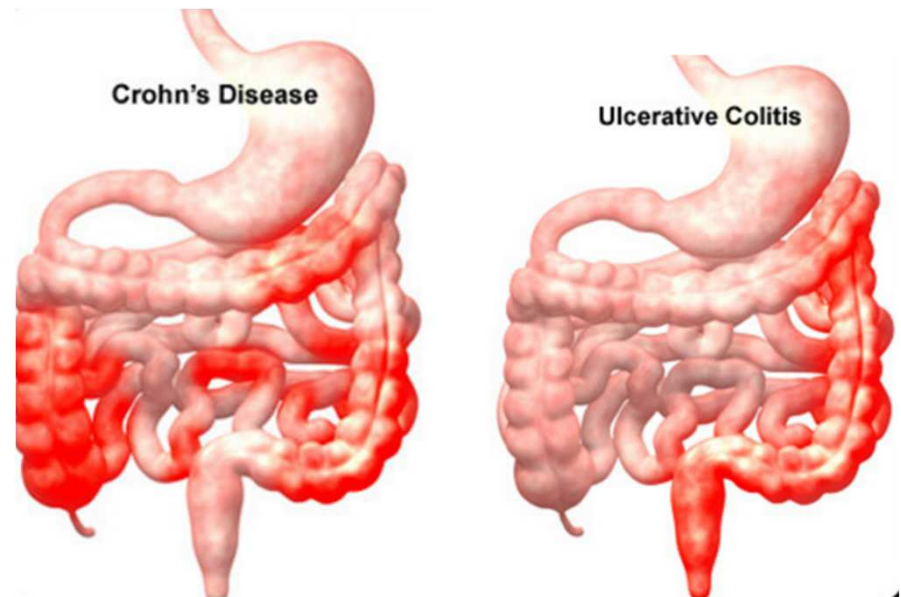




IBD- inflammatory bowel disease

Crohn's Disease and Ulcerative Colitis

- Causes chronic inflammation in the bowel
- Symptoms;
- Diarrhea
- Severe stomach pain
- Bloating
- Bleeding
- Opstruction
- Loss of appetite
- Nausea
- Weight loss
-





Aim of the study

- Gather information on nutritional status of IBD patients focusing on malnutrition, vitamin and mineral deficiency and nutritional screening in IBD.
- Improve nutritional information for IBD patients





Method

- Study further data collected by Jóna Björk Viðardóttir for her research 2014; „*Dietary intake and nutritional status of inflammatory bowel disease*“.
- Research data on malnutrition in IBD
- Review the nutritional information available for IBD patients.
- For the booklet; translation, verification, improve and adapt information, gathering footage and working on look.





Results



