

RA and a gluten free diet

By Natalie Harb and
Fatma Mohammad

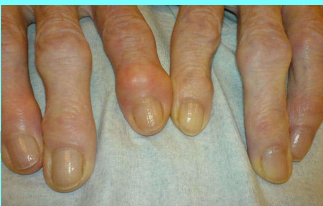
Case:

A 45 yr old female presented to the rheumatology clinic for a follow up appointment for her Rheumatoid arthritis. During her appointment, she mentioned to the consultant that she noticed relief of her symptoms after following a gluten free diet. Upon hearing this, we wanted to explore how a gluten free diet can lead to a reduction in symptoms

Question:

How does gluten affect RA symptoms

Question Type :Background



PICO:

Patient: Patients with RA

Intervention: Adhering to a gluten free diet

Control: Normal/non GF diet

Outcome: Benefits of following a gluten free diet in patients with RA

Search sites used:

To complete this project we utilized: Cochrane Pub med Google scholar Search terms: P: Rheumatoid arthritis patients, RA, I: Gluten free diet, diet C: patients with RA with no diet changes, RA patients not on gluten free diets O: Benefits of gluten free diets on RA patients, Benefits of dietary changes for RA patients

References:

Role of Diet in Influencing Rheumatoid Arthritis Disease Activity Badsha, H. (2018). Role of Diet in Influencing Rheumatoid Arthritis Disease Activity. The Open Rheumatology Journal,

Validity of resource :

(if secondary resource) or Study (if This systematic review addressed a clear and focused question which involved not only gluten free diet but also other dietary changes that might affect RA patients. Therefore, this article deemed to be the best as it provided a comprehensive investigation of dietary changes in RA. This review referenced numerous studies including studies conducted in different languages. However, there was not enough information on the quality of the included studies. Overall. The review concluded that more research is required to determine whether gluten free diet is beneficial for patient RA. However, we were unable to tell if the results are precise as this review

Results of Evidence:

The review includes a study that focused only on gluten free diet for patients with RA for this study. This consisted of a trial of 66 patients divided into 2 groups: gluten free diet: 38 patients and none GF diet: 28 patients for one year. The patients following the gluten free diet showed a lower BMI, lower LDL and higher anti PC-IGM (an anti-inflammatory marker) than the non GF diet group, which had a p value of <0.005.

Application for patient in Question:

The patient of question noted an improvement in her symptoms following a gluten free diet, however this review highlights that more research is needed to answer this question.

Conclusion for patient in question:

As this patient is experiencing improvement in her symptoms we would advise her to continue on with this diet, however from an EBM perspective, we cannot in good faith advice RA patients to follow a gluten free diet as the evidence is still inconclusive.

Did it change your patient's management?
No effect on plan

