

New Evidence on Role of Food in Gastrointestinal Disorders
May Issue of *The American Journal of Gastroenterology* Features IBS, Celiac Disease, Fatty Liver

Bethesda, Maryland (May 7, 2013) – The May 2013 issue of *The American Journal of Gastroenterology* presents new research and systematic reviews on the theme of food in gastrointestinal disorders that includes two new clinical guidelines from the American College of Gastroenterology, Diagnosis and Management of Celiac Disease by Dr. Joseph Murray and Dr. Alberto Rubio-Tapia and An Evidenced Based Approach to the Diagnosis and Management of Esophageal Eosinophilia and Eosinophilic Esophagitis (EoE) by Dr. Evan Dellon, Dr. David Katzka and colleagues. The issue features new research on the impact of food on celiac disease, fatty liver, constipation and colon polyps and presents an important new series of evidence-based reviews from the Rome Foundation Working Group on the role of food in functional gastrointestinal disorders, an area in which there is rapid expansion in clinicians understanding of food in GI function and sensation and how food relates to symptoms in patients with disorders such as irritable bowel syndrome.

According to the introduction to this series by William D. Chey, MD, FACP, AJG's Co-Editor, "Functional gastrointestinal disorders (FGIDs) are the most common disorders presenting to gastroenterologists. Patients often identify foods as being associated with symptoms. This report from the Rome Foundation Working Group provides a framework by which to understand the various ways in which diet and FGIDs can interact. In particular, concepts of how the variety of extrinsic, intrinsic, and enteroendocrine pathways can intersect with nutrient-sensing receptors and impact gastrointestinal function and sensation are outlined, as well as the role of various food elements in FGIDs."

Low FODMAP Diets Relieve IBS Symptoms

Food is associated with symptom onset or exacerbation in a significant proportion of patients with irritable bowel syndrome, yet the role of food in the pathogenesis of functional GI disorders is poorly understood. A new review by Susan J. Shepherd, PhD looks at the evidence for a dietary intervention for functional GI symptoms that restricts short-chain carbohydrates known by the acronym "FODMAPs" (fermentable oligosaccharides, disaccharides, monosaccharides and polyols.)

According to Dr. Shepherd and colleagues, "In patients with irritable bowel syndrome, there is now an accumulating body of evidence, based on observational and comparative studies, and on randomized-controlled trials that supports the notion that FODMAPs trigger gastrointestinal symptoms in patients with functional bowel disorders, and that a diet low in FODMAPs offers considerable symptom relief in the majority of patients who use it."

Celiac Disease on the Rise and Improving Adherence to Gluten-Free Diets

The May 2013 AJG issue also includes an analysis which finds that the incidence of incidence of celiac disease has continued to increase in the past decade in the North American population. Additionally, researchers at the University of Sydney report on findings from a randomized, controlled trial of an online intervention in celiac disease which was effective in improving adherence to a gluten-free diet and represents a promising resource for individuals who are struggling to achieve or maintain adequate gluten-free diet adherence.

Access the [May 2013 AJG Table of Contents](#) via the Nature Publishing Web site. For media access to specific articles, please contact Anne-Louise Oliphant, mediaonly(at)gi.org or 301-263-9000.

About the American College of Gastroenterology

Founded in 1932, the [American College of Gastroenterology](http://www.gi.org) (ACG) is an organization with an international membership of more than 12,000 individuals from 80 countries. The College is committed to serving the clinically oriented digestive disease specialist through its emphasis on scholarly practice, teaching and research. The mission of the College is to serve the evolving needs of physicians in the delivery of high quality, scientifically sound, humanistic, ethical, and cost-effective health care to gastroenterology patients.

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About *The American Journal of Gastroenterology*

[*The American Journal of Gastroenterology*](#) is published on behalf of the American College of Gastroenterology by Nature Publishing Group. As the leading clinical journal covering gastroenterology and hepatology, *The American Journal of Gastroenterology* provides practical and professional support for clinicians dealing with the gastroenterological disorders seen most often in patients. Published with practicing clinicians in mind, *AJG* devotes itself to publishing timely medical research in gastroenterology and hepatology. The Co-Editors-in-Chief are William D. Chey, MD, AGAF, FACG, FACP of the University of Michigan and Paul Moayyedi, BSc, MB ChB, PhD, MPH, FRCP, FRCPC, FACP of McMaster University.

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