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Effect of Diet on Gulf War Illness: A Pilot Study

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14. ABSTRACT The overall objective of the study is to determine the efficacy of a Low FODMAP (modified healthy) diet relative to a High FODMAP (typical healthy) diet in reducing the 1) Intestinal symptoms of Irritable Bowel Syndrome and 2) Non-intestinal symptoms (fatigue, joint pain, insomnia, general stiffness and headache) in Veterans with Gulf War Illness. We will also determine if the change in gut flora is a mechanism for improvement in symptoms of IBS and GW illness while on the study. We screened our first participant in September 2016. Overall we have screened 18 and enrolled 14 Gulf War Veterans so far. Our efforts are ongoing to recruit more Gulf War veterans					
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Introduction:

New onset of gastroenteritis during deployment is a risk factor for the development of irritable bowel syndrome (IBS) after deployment. Gulf War (GW) Veterans with IBS are more likely to report fatigue, joint pains, general stiffness and headaches; symptoms that are indistinguishable from GW illness. Diet is a major factor that influence gut bacteria along with gastroenteritis, travel, and stress factors which are relevant to GW Veterans. This suggests that foods as well as an alteration in intestinal microbiota are involved in the pathogenesis of IBS in GW Veterans.

The goal of this project is to compare a low FODMAP (modified healthy) diet to a high FODMAP (typical healthy) diet in Veterans with IBS and symptoms of GW illness. Both diets will be healthy.

Body:

During the last on year the following goals were accomplished:

- We have screened 18 Gulf War Veterans and have enrolled 14 from the beginning of the study. Of the 14 Veterans enrolled in the study, 13 have completed the study. 1 Veteran is in the screening phase. 1 participant was excluded from the study due to co-morbid conditions affecting study assessment
- Stool banking has been set up at the VA Medical Center, Salt Lake City where the screened and enrolled participants' samples have been banked.
- We have received the list of Gulf War Veterans in the Salt Lake City are from the Defense Manpower Database. We have send recruitment letters to these veterans informing them about the study.

Key Research Accomplishments.....

- We have recruited 14 Gulf War Veterans and continue to make progress in recruiting more Veterans.

Reportable Outcomes.....

Nil

Conclusion:

Study is ongoing at a good pace as we planned. We continue our recruitment efforts to increase our study enrollment.

References.....

Nil.

Appendices.....

Nil.