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Poster Presentation

Dietary Habits and Multiple Sclerosis

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Abstract

Multiple sclerosis (MS) is an inflammatory and autoimmune disease.MS is characterized by blood brain barrier breakdown, inflammation, axonal injury, degeneration of the myelin sheath and etc. A significant association between inflammation and degeneration of neurons is observed in the brain. Also active MS lesions always associated with inflammation thus inflammation is a target for treatment of MS. Etiology of MS is unknown. Genetic, infections, immunological and environmental factors have all been blamed. It is commonly accepted that dietary habit is one of the environmental factors that are involved in the pathogenesis of MS. Now MS therapy is not associated with a particular diet probably due to lack of information on the effects of nutrient on the disease. Wrong dietary habits include viral infection, heavy metal poisoning, smoking, low vitamin D and influence of dietary habits are more than infections and smoking. Researches demonstrated that patients with MS ate bread, cereal products, fish, some vegetables and fruits less than healthy people. Also, there is a correlation between deficiency of Omega-3, vitamin D, antioxidant vitamins and folic acid in the diet and exacerbation of symptoms of MS. Therefore it is purposed to study more about the relationship between MS and dietary habits for treatment aims and remission of symptoms. Studies revealed that healthy dietary molecules have an important role in MS. Nutritional intervention with anti-inflammatory foods and dietary supplements can reduce side effects of drugs and the symptoms of chronic fatigue syndrome. So dietary habits can be effective on MS but it is suggested more information is needed to find the exact association between diet and the risk of MS.

Keywords: Multiple sclerosis, Dietary habits, Nutritional intervention

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