Clinical relevance of IgG antibodies against food antigen in Crohn´s Disease: A double blind cross over diet intervention study

Autor: S. Bentz¹, M. Hausmann¹, H. Piberger¹, S. Kellermeier¹, S. Paul¹, L. Held¹, W. Falk¹, F. Obermeier¹, M. Fried¹, J. Schölmerich¹, G. Rogler¹

Institute: 1 Division of Gastroenterology and Hepatology, University Hospital Zurich, Switzerland 2 University of Zurich, Institute of Social and Preventive Medicine, Biostatistics Unit, Zurich, Switzerland 3 Evomed Medizin Service GmbH, Darmstadt, Germany 4 Department of Internal Medicine I, University of Regensburg, Germany

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QUESTION
The Crohn’s disease is an inflammatory bowel disease with unknown etiology. Food as a trigger of Crohn’s disease has long been discussed in literature. Can IgG antibodies against food be considered to play an important role in Crohn’s disease?

METHODOLOGY
79 CD patients and 20 healthy persons in a control group were examined for IgG. Afterwards, the clinical relevance of these food IgG antibodies was assessed in a double-blind cross-over study with 40 patients. Based on the IgG antibodies, an elimination diet was planned.

RESULT
In CD patients were increased quantities of food-specific IgG antibodies detected. A statistically significant reduction in stool frequency and abdominal complaints as well as an improvement of the general well-being compared to the control group was achieved when the CD patients complied with the specific elimination diet.

CONCLUSION
IgG antibodies against food play a role in Crohn’s disease and an exclusion diet can positively influence the course of disease and the patient’s well-being.