

A PILOT STUDY OF ELIMINATION/CHALLENGE DIETS IN PATIENTS WITH FIBROMYALGIA (FM).

Edman JS, Rosenzweig S, Halbert SC, Cantor IS, Foster JS, Cyrus I, Lafferty D, Moore J, Smith JB. Center for Integrative Medicine, Thomas Jefferson University Hospital, Philadelphia, PA.

J Amer Coll Nutr 2001;20:554

Dietary influences on FM have been inadequately studied. We therefore report the results of this retrospective chart review study of 17 FM patients who completed an elimination/challenge diet. Charts were identified through a database search from three integrative medicine practices. They were then examined manually for completion of the protocol and recorded results. The 17 patients (16 females, 1 male) had a mean age of 45.1 years (range 29-63). Average duration of FM symptoms was 4.9 years (range 1-22). During the elimination phase, 8 patients (47%) reported significant reduction of pain. Thirteen (76%) reported improvements in a range of co-morbid symptoms including: headache, fatigue, gastrointestinal (GI) discomfort, wheezing, dyspnea, sleep disturbances, and urticaria. Two patients reported worsening of symptoms. During the food challenge phase, patients reported reactions to 2.5 foods on average (range 1-4); reactions included: pain (n=6), headache (n=5), GI symptoms (n=7), dyspnea (n=2), and other miscellaneous symptoms (n=8). Foods most frequently causing reactions included: corn (n=5), dairy (n=5), wheat (n=5), citrus (n=3) and sugar (n=3). These preliminary data suggest that food intolerance can significantly affect FM pain as well as other co-morbid symptoms in patients with FM. Future research is necessary, however, to confirm these findings through prospective, controlled studies.