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Heartburn: Nutrition Management and Counseling
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Objectives
 Today WE Will Discuss.....

- Historical look at Medical Nutrition Therapy for GERD and Reflux
- Updated Guidelines
- Lifestyle as First Line Approach: Significance of weight loss & Changing Lifestyle Habits
- Emerging & Controversial Diet Therapy

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Consumers Try....

THE 7-DAY ACID REFLUX DIET
 Cure Acid Reflux, GERD and Heartburn NOW with the Easy to Follow Lifestyle, Diet and Recipe Plan
 ROBERT M. FLEISCHER

10 Home Remedies for Acid Reflux
<http://www.commonsehome.com/home-remedies-acid-reflux/>

DO
 ✓ Eat smaller meals
 ✓ Avoid late night snacks before bedtime

ACG Guidelines:
 ✓ Weight loss
 ✓ HOB elevation
 ✓ Cessation of eating 2-3 hours before bed
 ✓ Smoking cessation
 ✓ Routine and global elimination of foods is not recommended

Katz PD et al. Am J Gastroenterol 2013;108:308-328

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Diet Therapy for GERD: Conventional Wisdom

XAVOID

- Chocolate
- Peppermint
- Fat & Fatty Foods
- Citrus
- Coffee & Soda
- Onions
- Red Wine & Alcohol
- Tomatoes

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How Might Our Patients Research Diets?

Diet for Weight Loss Internet Search

- 51 million results
- >31,000 books on Amazon
- Information Overload
- Disagreements by experts

Thorn and Lean, 2017

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What Role Does Lifestyle Play?

- American Dietary State of the Union

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Target: Obesity and Weight Gain Prevention

Maintain Desirable BMI

Obesity independent risk factor for GERD

Weight loss improves GERD symptoms

Obesity + GERD increasing in proportional rate

Americans are not meeting goals for healthy living

Park SK, Lee T, Yang HJ, et al. Neurogastroenterol Motil 2016.
El-Serag HB, Graham DY, Satia JA, Rabeneck LM J Gastroenterol 2005;100:1243-50.

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Lifestyle as First Line Therapy in GERD?

Mokdad AH. JAMA 1999;282:1612001;286:10, 2003;289; www.cdc.gov

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Average daily per capita calories from the US food availability, adjusted for spoilage and other waste

ERS Food Availability (Per Capita) Data System <http://www.ers.usda.gov/Data/FoodConsumption/>

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Food Sources of Saturated Fats

Food Category Sources of Saturated Fats in the U.S. Population Ages 2 Years and Older (Figure 2-12)

Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

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Sources of Dietary Sugars

Sugar sweetened beverages and snack foods provide most sugar

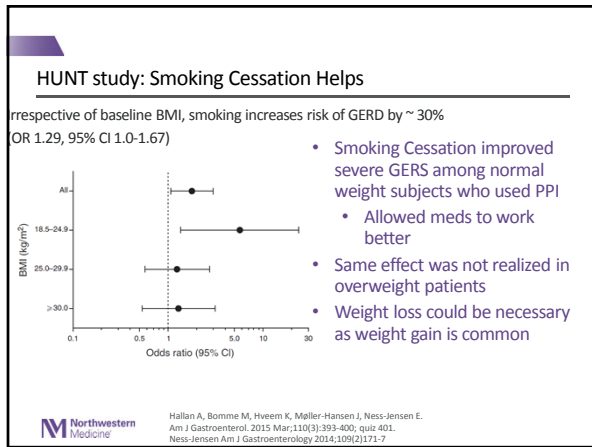
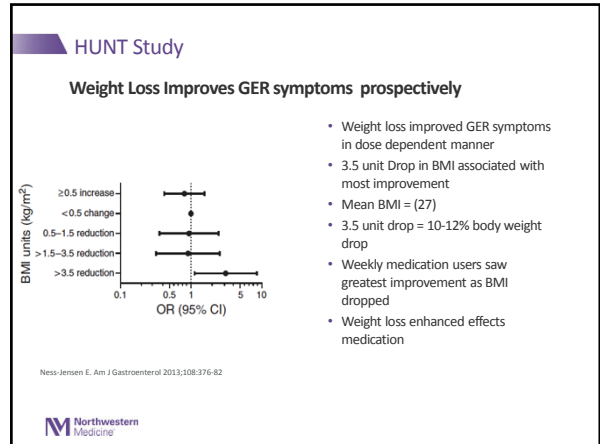
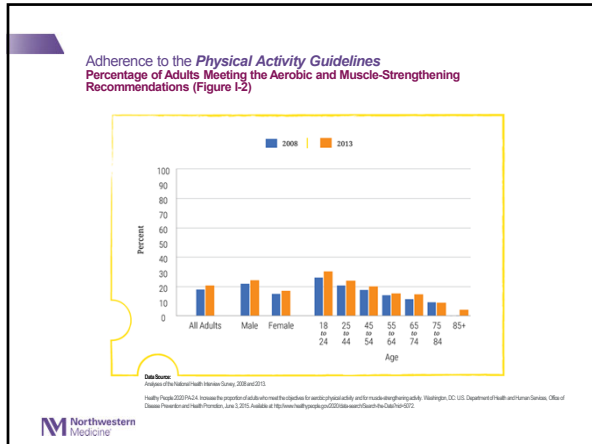
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Elimination Diets Can Change Poor Eating Habits

U.S. FOOD CONSUMPTION AS A % OF CALORIES

- ✓ Eating home-cooked food ~ 25% less often
- ✓ Plant based foods make up 12% calories
- ✓ >60% calories = processed foods

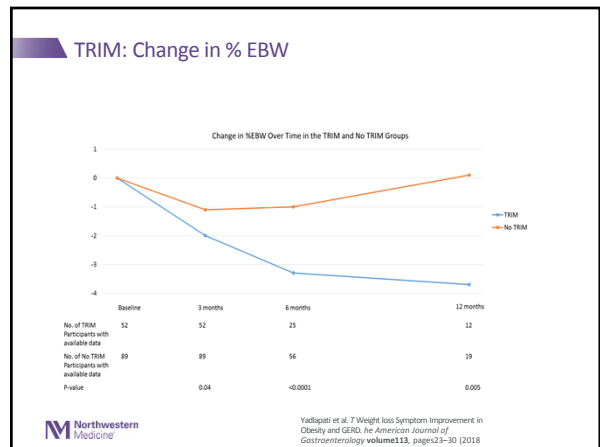
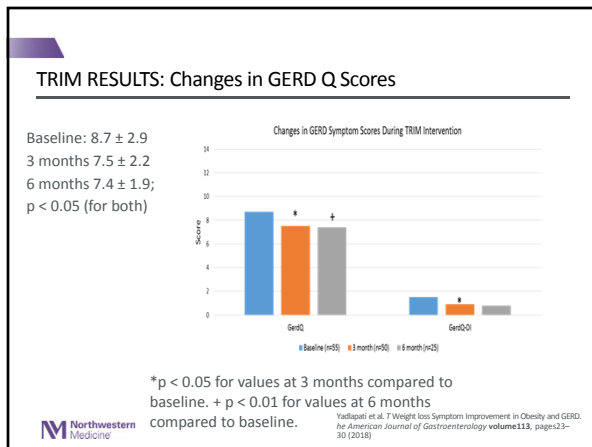
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The Reflux Improvement Program (TRIM) Study

- BPA triggers for overweight (BMI > 30) patients with ICD code of GERD
- When Accepted – 2 referral orders are automatically added to unsigned orders and information is included in patient's After Visit Summary

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Vegan Mediterranean Diet?

JAMA Otolaryngology-Head & Neck Surgery | Original Investigation
 A Comparison of Alkaline Water and Mediterranean Diet vs Proton Pump Inhibition for Treatment of Laryngopharyngeal Reflux

Daqin Zhang, MD; Shreyas H. MD; Barbara Greenberg, MD, PhD; Ian Galanter, PhD

IMPORTANCE Laryngopharyngeal reflux (LPR) is a common disorder with protean manifestations in the head and neck. In this retrospective study, we report the efficacy of a usually dietary approach using alkaline water, a plant-based, Mediterranean-style diet, and standard-of-care proton pump inhibitors compared with that of the traditional treatment approach of proton pump inhibitors.

- Retrospective chart review of LPR patients receiving 90% vegan Mediterranean Diet and Alkaline water vs. standard therapy
- Mean improvement RSI= 27% standard vs. 39.9% diet
- Limitations:
 - Did not report diet baseline or post therapy
 - Did not report weight loss
 - Unknown if secure diagnosis of GER and LPR
 - Recall bias

Northwestern Medicine | Zalvan CH et al. JAMA Otolaryngol Head and Neck Surg. September 7, 2017

90% Vegan Mediterranean Diet?

Plant Based Diets:

- Improve fasting glucose and insulin sensitivity
- Improve body weight and waist circumference
- Improve lipid profiles
- Improve HRQOL and depression scores
- May be more sustainable than low carb diets

Northwestern Medicine | Rinaldi S et al. Can J Diabetes 2016. Oct;40(5):471-477

Weight Management Protocol: Key Points

- Health Educators (Health Learning Center): provide RD designed weight loss meal plans, tips, snack ideas and behavior change strategies
 - Extensive written materials given
- Regular wellness checks for 6 months: monitoring symptoms and weight loss
- Results: N= 60 completed, 23 declined
 - 92% sample weight loss
 - 65% with reduction in GerdQ (Validated GERD symptom questionnaire)
 - Greater weight loss and % excess body weight loss in enrolled patients vs. non TRIM users

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Dietary advice? What Should we recommend first?

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2015-2020 Dietary Guidelines: Every Food Matters

- Commonality across organizations
- 50% proteins should be plant based
- Total Dietary Pattern Matters
- Eat whole foods vs. processed foods
- Limit added sugars

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ADVANTAGES OF FOODS VS. FOOD SUPPLEMENTS

Whole plant foods contain vitamins, minerals, fiber and phytochemicals work as a “team” to fight cancer.

Supplements usually contain one nutrient or phytochemical that is in an unstable form or poorly absorbed.

High amounts of nutrients or phytochemicals in a pill or powder form may have cancer-promoting effects!

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Dietary Guidelines 2015-2020
Lifestyle Changes: Make Better Choices

Peaches
TYPICAL (top) / NUTRIENT-DENSE (bottom)

Chicken
TYPICAL (top) / NUTRIENT-DENSE (bottom)

Spinach
TYPICAL (top) / NUTRIENT-DENSE (bottom)

<https://health.gov/dietaryguidelines/2015/guidelines>

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New in the 2015-2020 Dietary Guidelines for Americans

view previous shift

High Calorie Snacks → Nutrient-Dense Snacks

view next shift

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Effective Dietary Strategies for Weight Loss

Reduce Calories

Increasing Plant-based foods

Decreasing energy dense foods

Limiting sugar

Eat at home more

Raynor et al, 2011
Freeland-Graves and Nitzke, 2013
Raynor and Champagne, 2016

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Structured Meal Plans

UNLIMITED Vegetable	Fruit	Protein	Whole Grain/ Starchy Veggies
Green beans sauté	Pear (1 medium)	Chicken breast (3 oz)	Instant brown rice (1/4 cup, cooked)
Fresh tomato slices and green beans	Strawberries (1 cup)	Baked Tofu or tempeh, broiled (3-oz)	Whole wheat pasta (1/4 cup, cooked)
Spinach salad	Pineapple (1 cup juice removed)	Turkey meatloaf (3-oz)	Baked sweet potato (omit rest of soup bar)
Spinach salad	Peach (1 medium)	Three bean salad (1/2 cup)	Whole wheat couscous (1/4 cup)
Romaine lettuce, and tomatoes & raw veggies	Plum (2 small)	Turkey breast (3-oz) Hummus (2 Tbsp.)	Whole grain bun (2 small)
Tortato slices, romaine lettuce, and pickle slices	Orange (1 medium or 2 "juice" measurements)	Lean ground beef/turkey patties (3-oz)	Whole wheat pita (1)
Sautéed spinach and mushrooms	Banana (1/2 of medium)	Egg (2) scrambled	Whole grain tortilla (1)

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Summary

- Standard healthy diet still relevant
- Diet Quality Matters
- Individualized limitation of "refluxogenic foods"
- Role of eating behaviors on symptoms and food choices deserves further study

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