



PhD in Clinical Nutrition

Research Area: Nutritional therapy in rheumatic chronic diseases

Title: Effect of a low starch diet in the gut microbioma modulation, disease activity, function and quality of life in patients with Ankylosing Spondylitis
Long-term effects of altered bone turnover on glucose metabolism

Ankylosing spondylitis (AS) is a chronic inflammatory rheumatic disease characterized by axial inflammation and with unknown aetiology. The positive HLA-B27 patients present elevated levels of total serum immunoglobulin A, especially during active phases of the disease. The high amount of *Klebsiella* microorganisms detected in the gut of patients with AS, has been mentioned to be a triggering factor involved in the aetiopathogenic mechanism of AS. It has been suggested that an intervention aiming these bacteria's starving could benefit the reduction of the inflammatory processes and be a part of AS treatment. The bowel microflora depends on dietary food, like undigested starch, for their growth. Some studies have highlighted the relation between the intake of starch and the disease activity. The aim of this study is to explore the effect of a low starch diet in the gut bacteria modulation, specially *Klebsiella pneumoniae*, and its relation to disease activity and functional impairment in patients with AS.

Keywords: ankylosing spondylitis, diet, *Klebsiella*, starch

Publications

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