

## **Mark your Calendar for the exciting upcoming 13th SciCom Workshop on Diet in IBD!**

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Diet is now widely recognized as a significant factor in the pathogenesis of inflammatory bowel disease (IBD). A growing body of epidemiological research has established links between dietary behavior, particularly comparing the Mediterranean diet to the Western diet, and the risk of developing Crohn's disease and/or ulcerative colitis. Moreover, mechanistic studies, often conducted in mouse models, have shed light on how specific dietary components impact the onset and severity of intestinal inflammation. For instance, dietary fibers, fatty acids, and emulsifiers have been shown to directly affect host cells or modulate the composition and functions of the gut microbiota, thereby influencing IBD progression. In addition, intervention studies involving human subjects now emphasize the importance of incorporating diet into the therapeutic approach for IBD. However, the optimal role of diet in managing IBD remains an area of ongoing investigation

Diet has thus emerged as a 'hot topic' within the field of IBD, and it will take center stage at the 13th SciCom Workshop. This workshop is scheduled to be held during ECCO'25 in Berlin on Thursday, February 20th, from 8:45 to 11:45 am. In close collaboration with the D-ECCO and P-ECCO committees, we have meticulously crafted an exciting program that promises to captivate the interest of both scientists and clinicians.

The workgroups actively engaged in the 'ECCO Consensus on Diet and Nutrition in IBD' are currently in the process of refining their conclusions and recommendations across several critical aspects. These encompass not only the pivotal role of diet in the etiology and prevention of IBD but also its application as both induction therapy for active disease and maintenance therapy for inactive disease. The upcoming 13th SciCom workshop stands to gain significantly from these deliberations. It will notably serve as a platform to showcase some of the key findings and conclusions arising from this essential ECCO Consensus.

During the first session, our focus will be on exploring the intricate interactions between diet and the gut microbiome in the context of disease pathogenesis. Additionally, we will delve into practical methods for assessing the nutritional status of both adults and children affected by IBD. In the second session, we will explore deeper the pivotal role of diet in disease management. Specifically, we will examine how diet may impact Crohn's disease flares and contribute to the maintenance phase of IBD. Furthermore, we will also learn the tips and tricks to perform high-quality studies evaluating the role of diet in IBD. Our distinguished lineup of experts includes top-level Gastroenterologists, Dieticians, and Paediatricians. Their combined expertise will guarantee high-quality presentations and robust discussions.

With such a compelling program, I am sure you are as excited as I am for the 13th SciCom Workshop in Berlin. So, mark your calendars, register, and get ready for an enriching experience!