

Abstract

Diploma thesis The influence of nutritional measures on the course of ulcerative colitis deals with the influence of dietary habits on the course of ulcerative colitis (especially probiotic foods), namely impact on relapses of the disease. The theoretical part is divided into two parts. The first part describes ulcerative colitis, from definition to treatment. The second part deals with the intestinal microbiome and the factors that affect it, with an emphasis on the influence of food.

The semi-structured interview method based on the questionnaire was used to elaborate the practical part. The research group consisted of respondents with ulcerative colitis who were in remission and relapse. A questionnaire was filled with respondents, which consisted of questions about the course of the disease and a frequency questionnaire targeting different groups of foods. The established eating habits were compared to each other among the respondents, given the frequency of relapse of their illnesses.

Research has shown that only fermented dairy products are related to relapse rate and retention of remission. For foods that contain fiber that also modulates the intestinal microbe, the relationship between food consumption and relapse has not been proven. Also, the relationship between consumption of fatty foods and semi-products to relapse on the sample examined has not been established. One of the possible reasons why this has not been proven is the fear of intestinal inflammation patients from the inclusion of fiber-rich foods in their diet.

Keywords:

Ulcerative colitis, intestinal microbes, eating habits