



Dietary fibre modification with or without antibiotics in the prevention of diverticulitis in adults with diverticular disease: a systematic review and meta-analysis

Crichton, Megan; Dahl, Camilla; Jenkins-Chapman, Julie; Nucera, Romina; Marx, Wolfgang; Marshall, Skye

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BOND Diverticular Disease





A review of the role of dietary fibre in disease prevention

Megan Crichton¹, Camilla Dahl¹, Julie Jenkins², Romina Nucera², Wolfgang Marx^{1,3}, Skye Marshall^{1,4}

¹ Faculty of Health Sciences & Medicine, Bond University, Australia

² Department of Nutrition and Dietetics, Robina Hospital, Australia

³ School of Allied Health, La Trobe University, Australia

⁴ skye_marshall@bond.edu.au. Visit my personal researcher page for updates on publications: works.bepress.com/skye-marshall/



Introduction

Despite the belief that dietary fibre prevents diverticulosis and diverticulitis (diverticular disease), little evidence exists examining this relationship.

Therefore, there are no evidence-based dietary management guidelines for the prevention of diverticulosis and progression to acute diverticulitis.

Research Question

A systematic review of the literature was undertaken to synthesise and critically appraise existing evidence on the efficacy of dietary fibre modifications, with or without probiotics or antibiotics, on the development of diverticulosis or acute diverticulitis and associated gastrointestinal symptoms, bowel habits, health care use, complications and patient quality of life.

Methods & Included Studies

- Intervention and observational studies were searched for using five electronic databases from database inception up until 31st March 2017.
- Study quality was assessed using the Cochrane risk of bias tool. Data was pooled via meta-analysis. The quality of the body of evidence was assessed via GRADE.
- 20 studies were included, nine of which were included in six meta-analyses. There was moderate to high risk of bias across most studies.

Results

	Dietary fi	bre supple:	ement Placebo supplement			nent	Mean Difference		Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total,	Weight	IV, Random, 95% Cl	IV, Random, 95% CI
Ewerth et al 1980 Ispaghula	121,	157.4	9	109	141.8,	9	1.3%	12.00 [-126.41, 150.41] .	
Ornstein et al 1981 Ispaghula	161	59.8	57	118.8	5.4	57	98.7%	42.20 [26.61, 57.79]	
Total (95% CI)			66			66	100.0%	41.82 [26.33, 57.31]	
Heterogeneity: Tau² = 0.00; Chi² = 0.18, df = 1 (P = 0.67); I² = 0%									
Test for overall effect: $Z = 5.29$ (P ≤ 0.00001)									-500 -250 0 250 500 Favours placebo Favours fibre supp

Figure 1: In patients with diverticular disease, two to four months of ispaghula husk supplementation significantly increases daily stool weight compared with placebo by a mean of 42g/day (95%CI: 26-57g; P<0.00001).

	Dietary fibre Dietary fibre + ri			re + rifax	imin	ć	Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl
Colecchia et al 2007	. 2:4	1.7	112	. 1	0.7	159	32:5%	1.15 [0.89, 1.41]	
D'Inca 2007	. 6:1	3.5	61	4.1	3:3	61	24.5%	0.58 [0.22, 0.95]	
Latella et al 2003	2	1.1	346	1	0.9	558	43.0%	1.02 [0.88, 1.16]	, III -
Total (95% CI)			519			778	100.0%	0.95 [0.70, 1.21]	
Heterogeneity: Tau² = Test for overall effect: 2			•	-4 -2 0 2 4 Favours fibre Favours fibre + rifaximin					

Figure 2: In patients with diverticular disease, 7 days every month for 12-24-months, or 14 consecutive days, of dietary fibre + rifaximin co-administration significantly decreases gastrointestinal symptoms compared with dietary fibre supplementation alone by a standardised mean of 1 point (scale of 0 to approximately 18) (95%CI: 0.70-1.21; P<0.00001).

	Dietary fik	эге	Dietary fibre + rifaxi	imin,		Risk Ratio	Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl		
Colecchia et al 2007	• 4.4	.112	2	159	20.1%	2.84 [0.53, 15.24]	. — — — ,		
Latella et al 2003	11	346	6	558	58.3%	2.96 [1.10, 7.92]			
Papi et al 1992	3	:97	O	101	6.5%	7.29 [0.38, 139.23]	**		
Papi et al 1995	2 2	84	2	84	15.1%;	1.00 [0.14, 6.93]	· · · · · · · · · · · · · · · · · · ·		
Total (95% CI)		639		902	100.0%	2.64 [1.24, 5.60]			
Total events	20		10						
Heterogeneity: Tau² = 0.00; Chi² = 1.49, df = 3 (P = 0.69); l² = 0%									
Test for overall effect: Z = 2.53 (P = 0.01) Test for overall effect: Z = 2.53 (P = 0.01)									

Figure 3: In patients with diverticular disease, 7 days to everyday per month for 12-24-months of dietary fibre supplementation has a 2.6 (95%CI: 1.24-5.6) higher relative risk of acute diverticulitis compared to dietary fibre and rifaximin co-administration (P=0.01).

In patients with diverticular disease, meta-analysis found no significant effect of dietary fibre supplementation on gastrointestinal symptoms (SMD: -0.13; P=0.16) or transit time (MD: -3.70, P=0.32).

In patients with diverticular disease, meta-analysis found no significant effect of dietary fibre + rifaximin co-administration versus dietary fibre supplementation alone on colonic haemorrhaging (RR: 0.7; P=0.75).

The was "very low" confidence in the body of evidence for the preventative effect of high dietary fibre intake on preventing diverticulosis and/or diverticulitis in healthy populations.

There was "low" confidence that high dietary fibre intake prevents diverticulitis occurrence and improves gastrointestinal symptoms as well as bowel habits in populations with diverticulosis.

There was "very low" confidence that symbiotic supplementation benefits gastrointestinal symptoms in populations with diverticular disease.

There was "very low" confidence that dietary fibre co-administered with the antibiotic, rifaximin, reduces the risk of diverticulitis, gastrointestinal symptoms and colonic haemorrhaging in populations with diverticular disease.

Conclusions

The possible benefits of high dietary fibre intake are likely to outweigh potential harms. Therefore, a high dietary fibre intake in accordance with national gender- and age-specific dietary fibre intake guidelines, is recommended for healthy populations and for those with diverticulosis to prevent primary occurrence of diverticulosis and/or diverticulitis.

Ispaghula husk supplementation should be considered on an individualised basis to improve bowel function in those with diverticulosis.

Randomised controlled trials with standardised dietary fibre interventions are warranted to form stronger recommendations and dietary management guidelines.