

ACG: Yoga may benefit kids with inflammatory bowel disease

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(HealthDay)—A formal yoga program may be beneficial for pediatric patients newly diagnosed with inflammatory bowel disease (IBD), according to a study presented at the annual meeting of the American College of Gastroenterology, held from Oct. 17 to 22 in Philadelphia.

Alycia Leiby, M.D., from the Goryeb Children's Hospital Atlantic Health System in Morristown, N.J., and colleagues examined the role of yoga in a pediatric population with IBD. Twelve newly diagnosed patients aged 11 to 17 years (average, 13 years) were randomized in a 1:1 ratio to a yoga program (12 classes) or a waitlist control. Health-related quality of life (PedsQL total score) and self-efficacy were measured at three and six months from diagnosis.

The researchers found that the median change in total PedsQL was 100.0 and 12.5 in the yoga and waitlist control groups, respectively, although

the results were not statistically significant ($P = 0.52$). There was also no statistically significant change in self-efficacy scores between the groups (2.5 for yoga versus 1.5 for waitlist control; $P = 0.37$).

"Further study with a larger sample size will investigate if disease activity scores will change after yoga participation and determine if yoga will improve quality of life in this population," the authors write.

Two authors were paid to teach the study subjects [yoga](#).

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