

Dietary factors linked to risk of acute pancreatitis

January 30 2017



(HealthDay)—Dietary factors are associated with pancreatitis, with

saturated fat and cholesterol positively linked to gallstone-related acute pancreatitis (AP), according to a study published in the February issue of *Clinical Gastroenterology and Hepatology*.

Veronica Wendy Setiawan, Ph.D., from the University of Southern California in Los Angeles, and colleagues conducted a prospective analysis of 145,886 African-Americans, Native Hawaiians, Japanese-Americans, Latinos, and whites to characterize dietary factors associated with risk of pancreatitis. Patients were classified as having gallstone-related AP, AP not related to [gallstones](#), or recurrent AP or suspected chronic pancreatitis (1,210, 1,222, and 378 patients, respectively).

The researchers observed positive correlations for dietary intakes of saturated fat (P trend = 0.0011) and cholesterol (P trend = 0.0008) and their food sources, including red meat (P trend red meat were associated with recurrent acute or suspected [chronic pancreatitis](#)).

"Dietary fiber protected against AP related and unrelated to gallstones," the authors write. "Coffee drinking protected against AP not associated with gallstones."

More information: [Full Text \(subscription or payment may be required\)](#)

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Citation: Dietary factors linked to risk of acute pancreatitis (2017, January 30) retrieved 25 April 2024 from <https://medicalxpress.com/news/2017-01-dietary-factors-linked-acute-pancreatitis.html>

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