

# Gluten-rich foods up symptom onset in functional dyspepsia

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(HealthDay)—Gluten consumption impacts symptom onset in patients

with functional dyspepsia (FD), according to a study published online April 28 in the *Journal of Gastroenterology and Hepatology*.

Lijun Du, from Zhejiang University in Hangzhou, China, and colleagues enrolled 101 [patients](#) newly diagnosed with FD and 31 asymptomatic controls in a prospective study. Self-reported questionnaires were used to evaluate specific FD symptoms and gluten [consumption](#) patterns. Immunohistochemistry was used to assess expression of tight junction protein (claudin-1) and presence of intraepithelial lymphocyte (IEL) infiltration in the bulb and second portion of the duodenum (D1 and D2, respectively).

The researchers found that in patients with FD versus controls, wheat bun consumption had higher frequency ( $P = 0.047$ ) and increased average consumption ( $P = 0.01$ ) scores. Early satiety correlated with increased wheat bun consumption frequency score among the patients with FD. Compared with controls, among patients with FD, claudin-1 expression was decreased in D1 ( $P = 0.003$ ) and D2 ( $P = 0.003$ ) in Helicobacter pylori infection and increased IELs in D1 ( $P = 0.001$ ).

"Among patients with FD, gluten-rich food may lead to [symptom onset](#), specifically early satiety," the authors write.

**More information:** [Abstract](#)  
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