

Pro-inflammatory diet linked to worsening relapse rate in MS

June 26 2023, by Elana Gotkine



For people with multiple sclerosis (MS), a pro-inflammatory diet is

associated with worsening relapse rate and greater periventricular fluid-attenuated inversion recovery lesion volume, according to a study published online May 6 in *Multiple Sclerosis Journal*.

Alice M. Saul, from the University of Tasmania in Australia, and colleagues examined whether Dietary Inflammatory Index (DII) scores correlate with measures of MS progression and inflammatory activity. A total of 223 participants with a first clinical diagnosis of central nervous system demyelination were followed annually for 10 years. DII and energy-adjusted DII (E-DII) scores were calculated at baseline and at five- and 10-year reviews and assessed as predictors of relapses and annualized change in disability, and two [magnetic resonance](#) imaging measures were also performed and assessed.

The researchers found that the risk of [relapse](#) was higher with a more pro-inflammatory [diet](#) (highest versus lowest E-DII quartile: hazard ratio, 2.24). An association between E-DII score and fluid-attenuated inversion recovery lesion volume was evident when analyses were limited to those assessed on the same manufacturer of scanner and those with a first demyelinating event at study entry ($\beta = 0.38$).

"While an anti-inflammatory diet does not replace [anti-inflammatory medications](#) in MS, this study provides evidence that an anti-inflammatory diet could contribute to the health and well-being of people with MS," the authors write.

One author disclosed ties to Connecting Health Innovations, a company that has licensed the right to his invention of the Dietary Inflammatory Index (DII®).

More information: Alice M Saul et al, A pro-inflammatory diet in people with multiple sclerosis is associated with an increased rate of relapse and increased FLAIR lesion volume on MRI in early multiple

sclerosis: A prospective cohort study, *Multiple Sclerosis Journal* (2023).
[DOI: 10.1177/13524585231167739](https://doi.org/10.1177/13524585231167739)

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Citation: Pro-inflammatory diet linked to worsening relapse rate in MS (2023, June 26) retrieved
3 May 2024 from

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