

Exclusive Webinar Presentation

Nutritional Approach to Management of Irritable Bowel Syndrome

Earn 1 CPEU

Presented by **Kate Scarlata, RDN, LDN**, and **William Chey, MD, FACG, AGAF, FACP, RFF**, on **Thursday, June 28, 2018**, from **2:00 - 3:00pm ET**



Date: Thursday, June 28, 2018

Time: 2-3 pm Eastern Time (ET)

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*Suggested CDR Learning Needs Codes: 2020, 5000, 5110, 5220; Level 2
Performance Indicators: 8.1.4, 8.3.6, 8.4.4, 10.2.9*

Irritable bowel syndrome (IBS) is a complex, heterogeneous gastrointestinal disorder that impacts 40-45 million Americans. Food related symptoms are reported frequently in this population. The low FODMAP diet effectively manages symptoms in 50-70% of IBS patients. As there is growing interest in nutritional approaches for IBS symptom management, dietitians should understand how diet may impact functional gut symptoms as well as apply a low FODMAP diet when working with this population. As an evolving

Learning Objectives:

After completing this continuing education course, nutrition professionals should be able to:

1. Detail how diet may be a trigger or therapy for IBS, impact changes in gut flora and microbial derived metabolites.
2. Describe how FODMAPs impact luminal distention via osmotic and fermentative effects.
3. Outline a low FODMAP elimination and re-introduction nutrition protocol

How to Join the Webinar

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