

In article <1993Apr22.202051.1@vms.ocom.okstate.edu>, banschbach@vms.ocom.okstate.edu

writes:

> In article <1r6g8fINNe88@ceti.cs.unc.edu>, jge@cs.unc.edu (John Eyles) writes:

>> A friend has what is apparently a fairly minor case of Crohn's

>> disease.

>> But she can't seem to eat certain foods, such as fresh vegetables,

>> without discomfort, and of course she wants to avoid a recurrence.

>> Her question is: are there any nutritionists who specialize in the

>> problems of people with Crohn's disease ?

>> (I saw the suggestion of lipoxxygenase inhibitors like tea and turmeric).

>> Thanks in advance,

>> John Eyles

> All your friend really has to do is find a Registered Dietician(RD). While

> most work in hospitals and clinics, many major cities will have RD's who

> are in "private practice" so to speak. Many physicans will refer their

> patients with Crohn's disease to RD's for dietary help. If you can get

> your friend's physician to make a referral, medical insurance should pay for

> the RD's services just like the services of a physical therapist. The

> better medical insurance plans will cover this but even if your friend's

> plan doesn't, it would be well worth the cost to get on a good diet to

> control the intestinal discomfort and help the intestinal lining heal.

> Crohn's disease is an inflammatory disease of the intestinal lining and

> lipoxxygenase inhibitors may help by decreasing leukotriene formation but

> I'm not aware of tea or turmeric containing lipoxxygenase inhibitors. For

If you do a MEDLINE search on "turmeric" you'll see that it is a potent

lipoxxygenase inhibitor which is being investigated in a number of areas.

I'm in cardiology and about 4 years ago the cardiothoracic surgery lab at my hospital compared the effect of a teaspoon of dissolved turmeric vs. a \$2000 bolus of tPA in preventing myocardial reperfusion injury in a perfused Langendorff sheep heart. The turmeric was more effective :-)

A colleague of mine in the School of Pharmacy (Dr. Ron Kohen) has a paper "in press" on the free radical scavenging activity and antioxidant activity of tea.

Josh

backon@VMS.HUJI.AC.IL

- > bad inflammation, steroids are used but for a mild case, the side effects
- > are not worth the small benefit gained by steroid use. Upjohn is developing
- > a new lipoxygenase inhibitor that should greatly help deal with
- > inflammatory diseases but it's not available yet.
- > Marty B.