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☎ +1 341-208-2801

TITLE: Association Between Dietary Inflammatory Index, Endometriosis and Dyspareunia

Name: Clarissa Viana Demézio da Silva

Affiliation: Researcher, Institute of Gynecology, Federal University of Rio de Janeiro

Country: Brazil

Email ID: clarissademezio@gmail.com

ABSTRACT

Recently, diet has been identified a potential modifiable risk factor for endometriosis. Thus, the aim of this study was to investigate the association between the dietary inflammatory index (DII), endometriosis, and its main symptoms. Woman with endometriotic lesions by surgery or magnetic resonance were defined as cases (n=59). Controls (n=59) had no visible ectopic endometrium sites during surgical. The present study focused on main symptoms of endometriosis, such as dysmenorrhea, chronic pelvic pain, deep dyspareunia and infertility. Body mass index (BMI=weight(kg)/height(m)²) was calculated from measured height and weight and waist circumference was measured. A validated semi quantitative food frequency questionnaire was used to calculate the DII score. Women with endometriosis were younger, thinner; and had a more pro-inflammatory diet and more pain (dysmenorrhea, chronic pelvic pain, deep dyspareunia), than controls. Women with higher DII scores (>0.86) were more likely to have endometriosis and to present with dyspareunia. Results obtained from modeling DII as a categorical variable in relation to risk of

endometriosis showed a near tripling of risk (OR = 2.77; 95% CI = 1.13–6.77) for women with DII >0.86 versus those with DII ≤ 0.86, after adjusting for age and BMI. After multivariable adjustment, women with DII > 0.86 were four times more likely to have endometriosis compared to women with DII ≤ 0.86 (OR = 4.14; 95% CI= 1.50–11.4). In conclusion, a pro-inflammatory diet was significantly associated with endometriosis and dyspareunia in a case-control study in Brazil.

BIOGRAPHY Clarissa Viana Demézio da Silva has completed her PHD in 2021 at Federal University of Rio de Janeiro, Brazil. She is the head of research about endometriosis and nutrition in Brazil. Author of the first study that demonstrated the association between inflammatory diet and endometriosis.

Presenter Name: Clarissa Demézio da Silva.

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Contact number: +55 21 98199-1869

