

DE ROL VAN VOEDING EN OVERGEWICHT BIJ LAGE RUGPIJN

Prof. dr. Anneleen Malfliet



VRIJE
UNIVERSITEIT
BRUSSEL



Dienstmededeling



De cijfers

SCAN ME

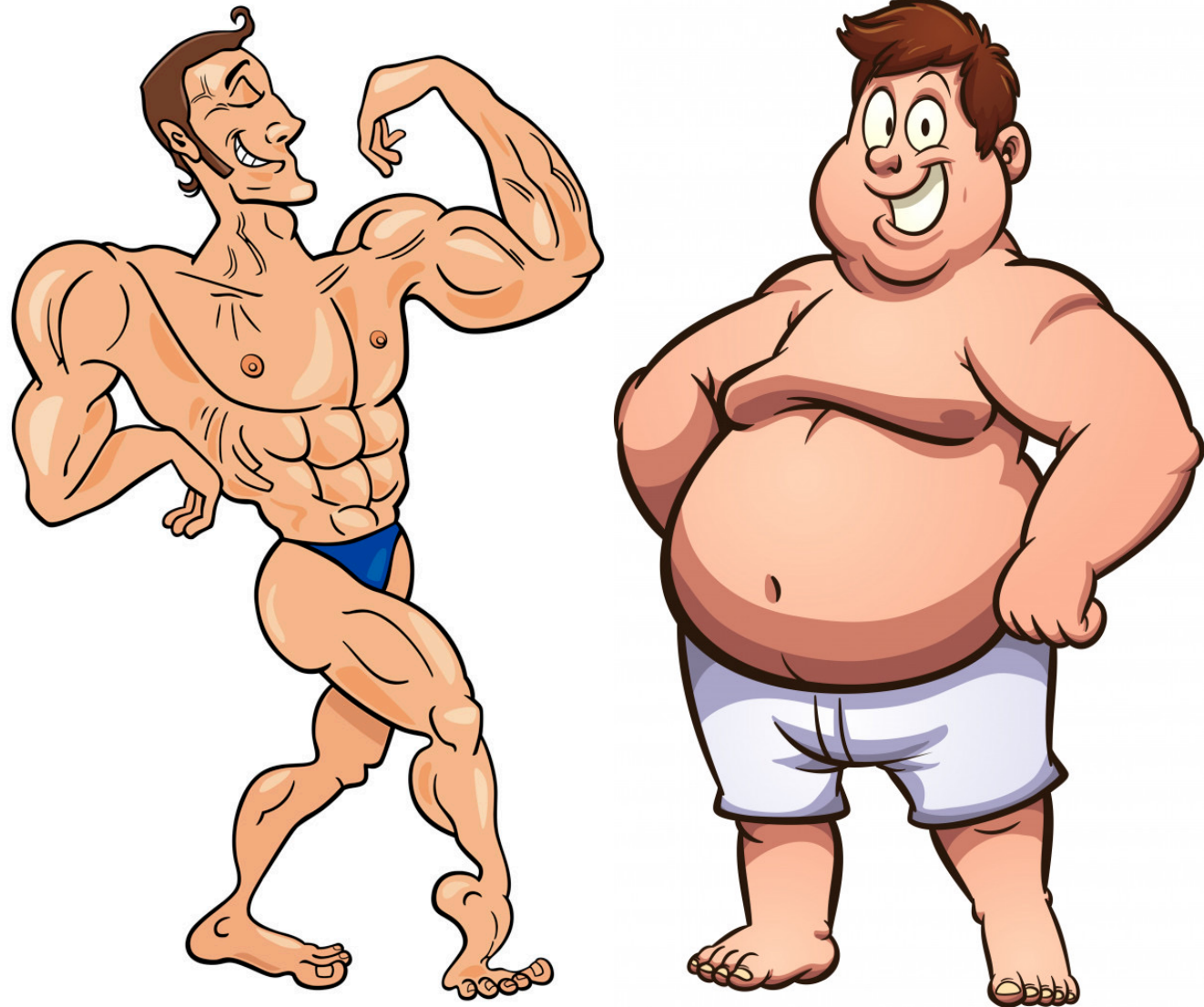


PolIEV.com/anneleenmalf401





Wie heeft de hoogste BMI?



PollEV.com/anneleenmalf401

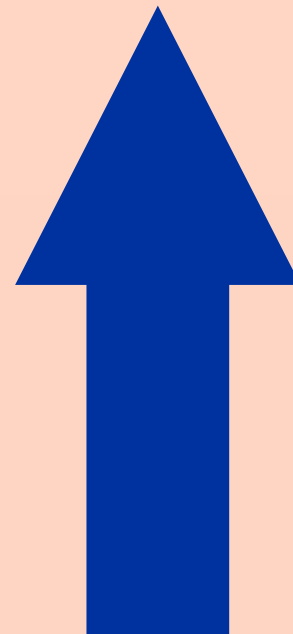
SCAN ME



Pijn intensiteit



Functionaliteit



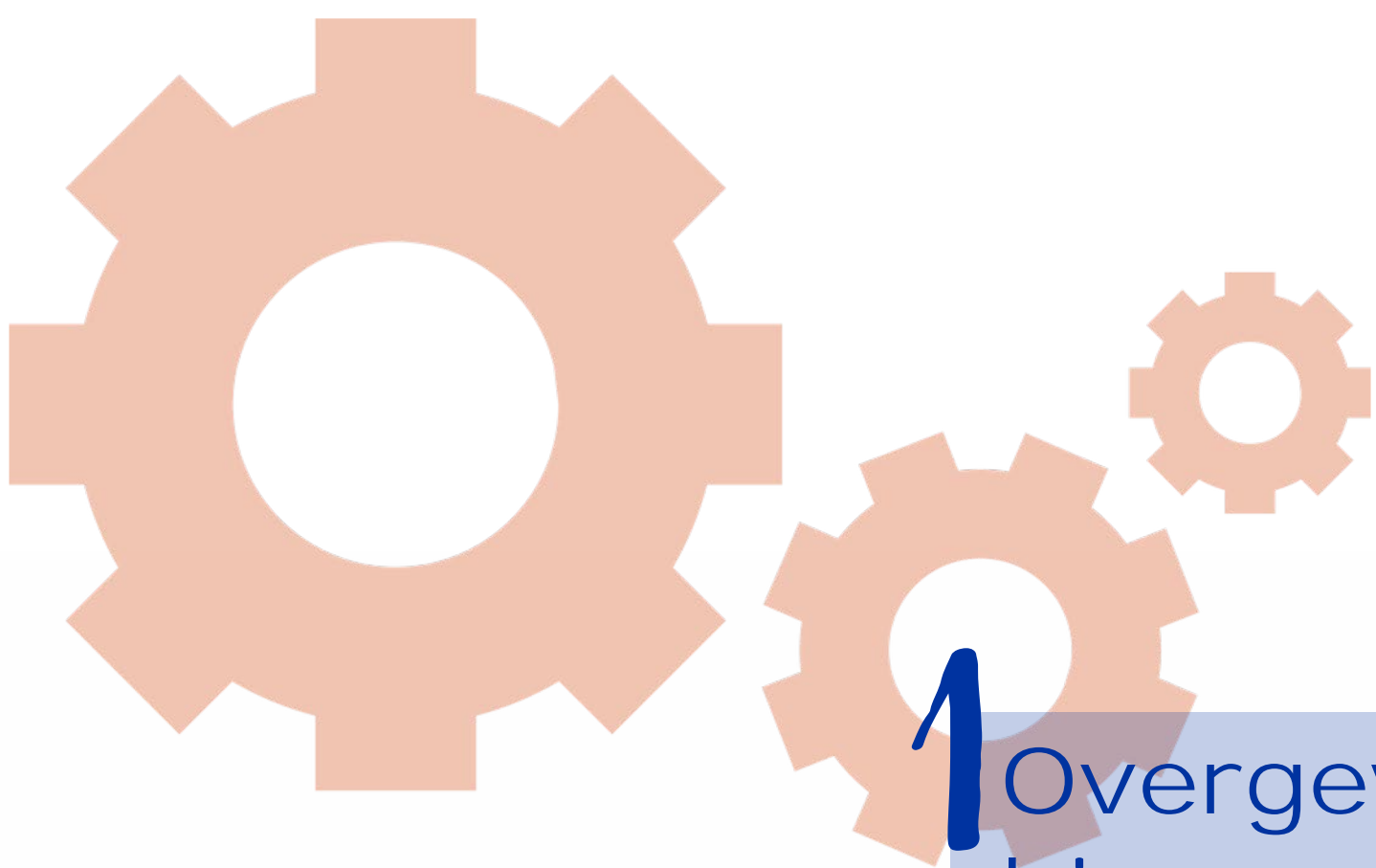
BMI

Taille-omtrek

Vetpercentage

Vetmassa





1

Overgewicht geïnduceerde
biomechanische belasting

2

Darm microbioom

3

Low-grade inflammatie

Centrale sensitizatie

Geactiveerde glia-cellen in het centrale ZS

Low grade
inflammatie

Oxidatieve stress /
weefsel schade / necrose

Veranderingen in
darm microbiom

Voeding / dieet



Waarvan
verwacht je een
positief effect?



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SCAN ME

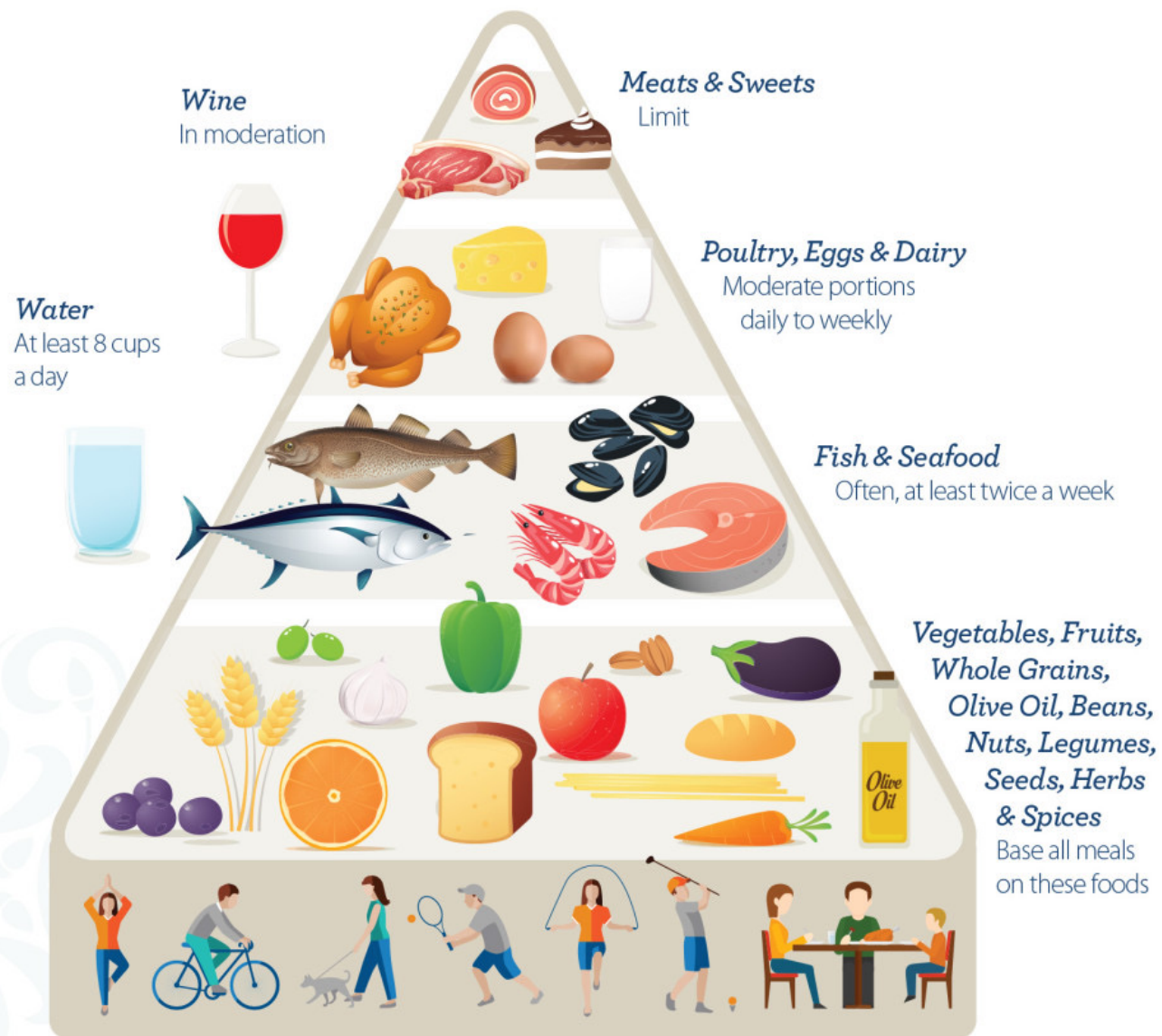


Fibromyalgia and Nutrition: An Updated Review

Laura Tomaino ^{1 2}, Lluís Serra-Majem ^{2 3}, Stefania Martini ⁴, Maria Rosaria Ingenito ⁵, Paola Rossi ⁶, Carlo La Vecchia ¹, Fabrizia Bamonti ⁷, Luisella Vigna ⁴

1. Glutenvrij vs hypocalorisch dieet
2. Vitamine D supplementatie
3. Hoger BMI
4. Lagere consumptie van volkoren graanproducten en fruit.
5. Cross-sectioneel: minder klachten door dagelijkse consumptie van fruit, groenten en vis; toename in klachten door bewerkt vlees en gesuikerde dranken (+meer depressieve klachten)
6. Mediterraans dieet

THE MEDITERRANEAN DIET

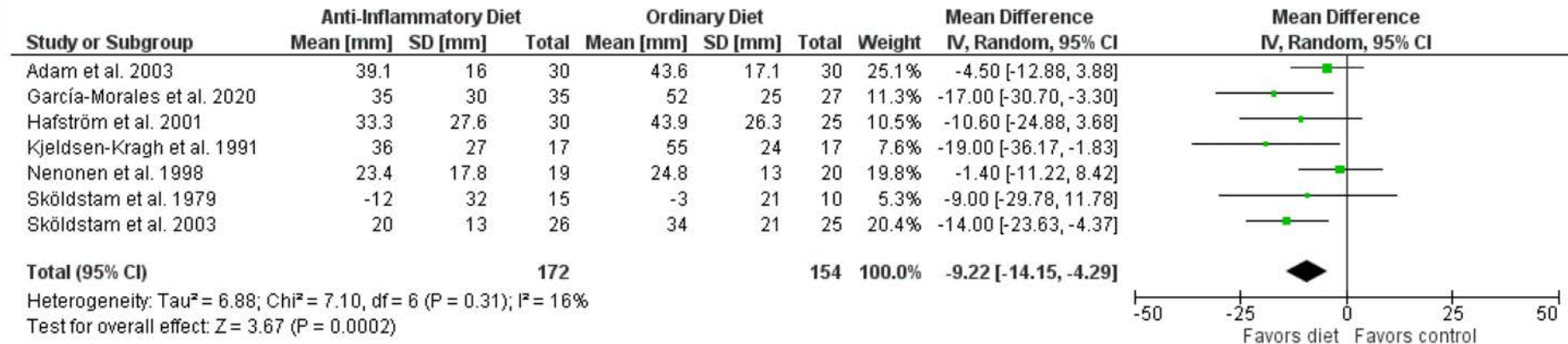


Savor meals with loved ones and be active every day.

Effect of Anti-Inflammatory Diets on Pain in Rheumatoid Arthritis: A Systematic Review and Meta-Analysis

Katja A Schönenberger ^{1, 2}, Anne-Catherine Schüpfer ¹, Viktoria L Gloy ³, Paul Hasler ⁴, Zeno Stanga ¹, Nina Kaegi-Braun ⁵, Emilie Reber ¹

1. High risk of bias
2. Visolie supplementen (omega-3)
3. Anti-inflammatoire dieet resulteert in minder pijn dan 'gewone' diëten
 - a. Mediteraans dieet
 - b. Vegeeratisch / veganistisch dieet



Chronische lage rugpijn

HOT OF THE PRESS!!

- Lower diet quality
- Higher inflammatory scores
- Lower intake of total protein, total fat, dietary fibre, omega-3 fatty acids
- Lower intake of VitB6, vitA, beta-carotene, vitE, Mg

- Neg association between pain scores and intake of anti-inflammatory elements (Vit E/D/A/B6/B12/Zinc)



Chronische
niet-kanker pijn

Gewichtsreductie
interventies

Gewicht ↓
Pijn ↓
Functioneren ↑

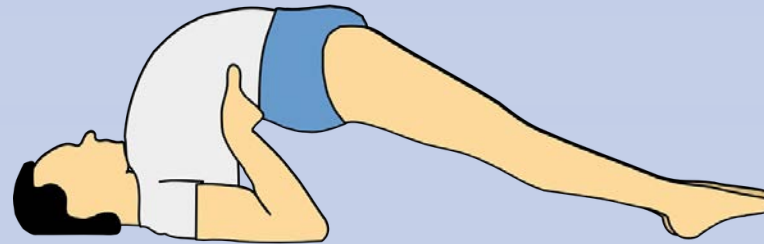
Fibromyalgie



Pijn ↓
Depressie/angst ↓
Lichaamstevredenheid ↓
Levenskwaliteit ↑

Chronische lage
rugpijn

en/of



Pijn – 48%
Functioneren ↑
% lichaamsvet ↓
Visceraal vet ↓
Taille-heup-verhouding ↓
Spierweefsel ↑

Focus op
pijn + gewicht

Focus op
pijn

Focus op
gewicht

Overgewicht / obesitas

Hoge glycemische load

Rood vlees, suiker, bewerkte
granen, gefrituurde voedingswaren,
witte rijstproducten, etc.

Overmatige (lege) calorieën

Toegevoegde suikers en verzadigde
vetzuren

Caffeïne

Lage consumptie van mineralen
en vitaminen

Vitamine D supplementatie

Groenten, fruit, vezels

Gezonde oliën zoals olijfolie

Plantaardige eiwitten

Gewichtsverlies

Low-fat plant-based diets

Gember?



De praktijk

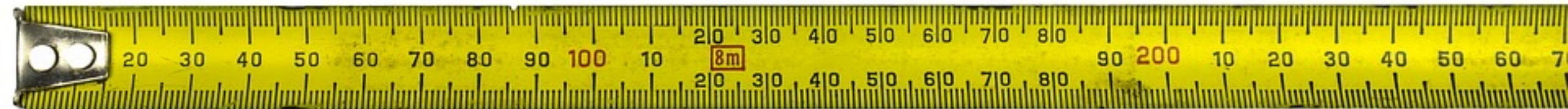
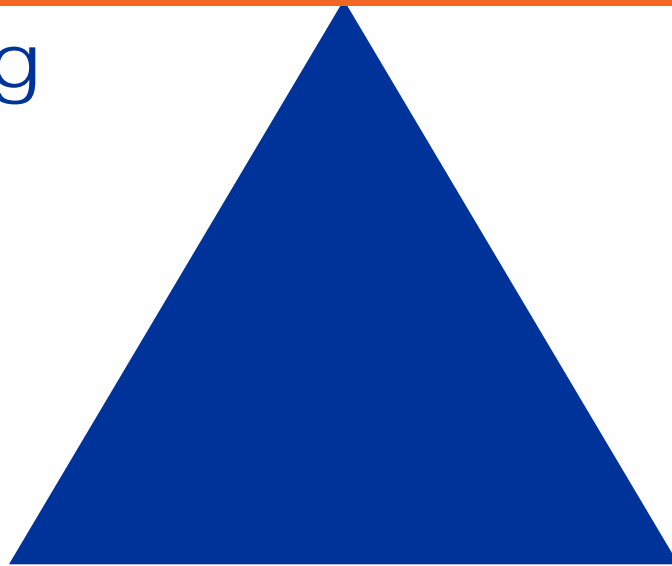


Energie
opname

Energie
verbruik

Voeding

Fysieke
activiteit



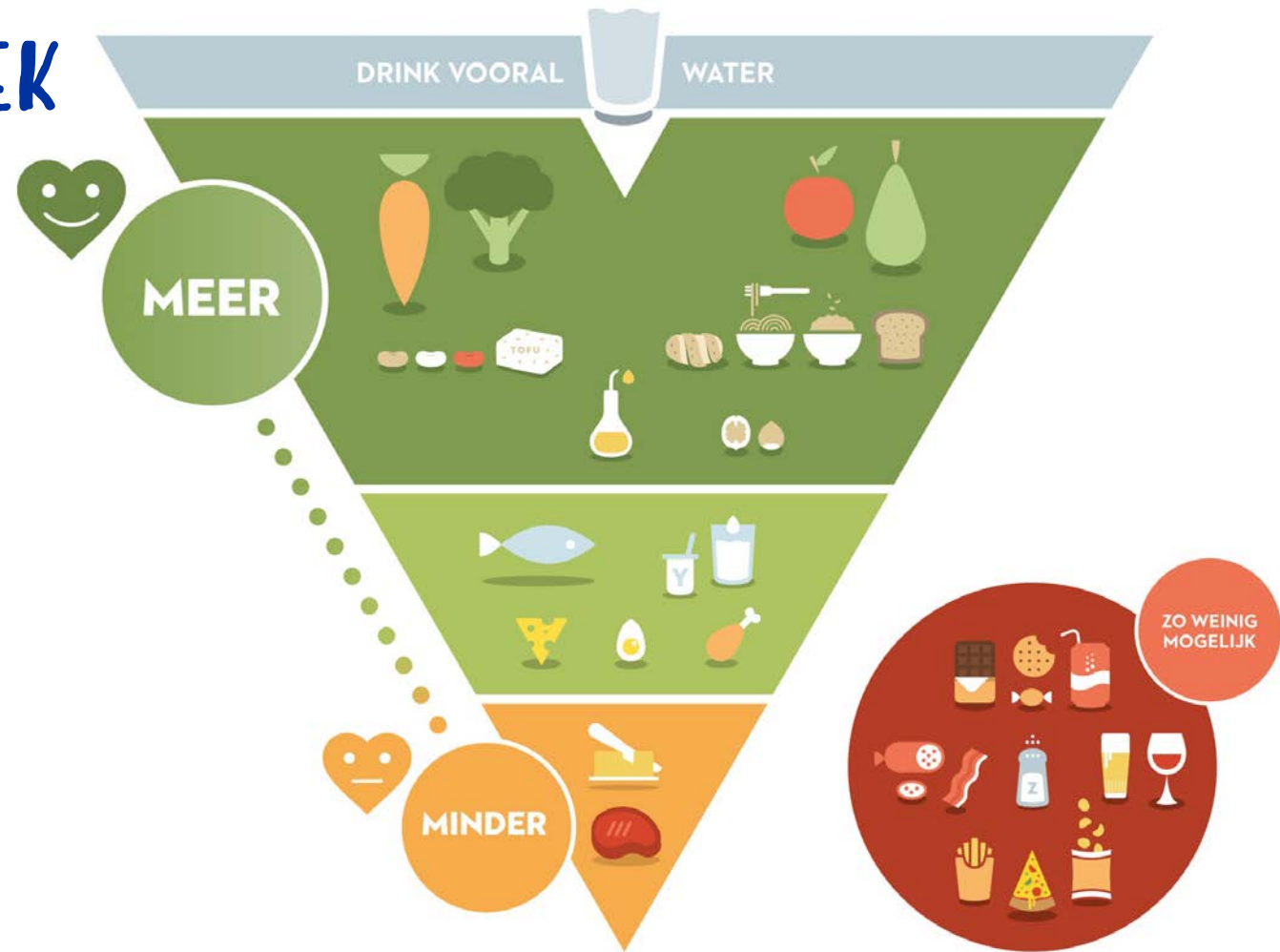
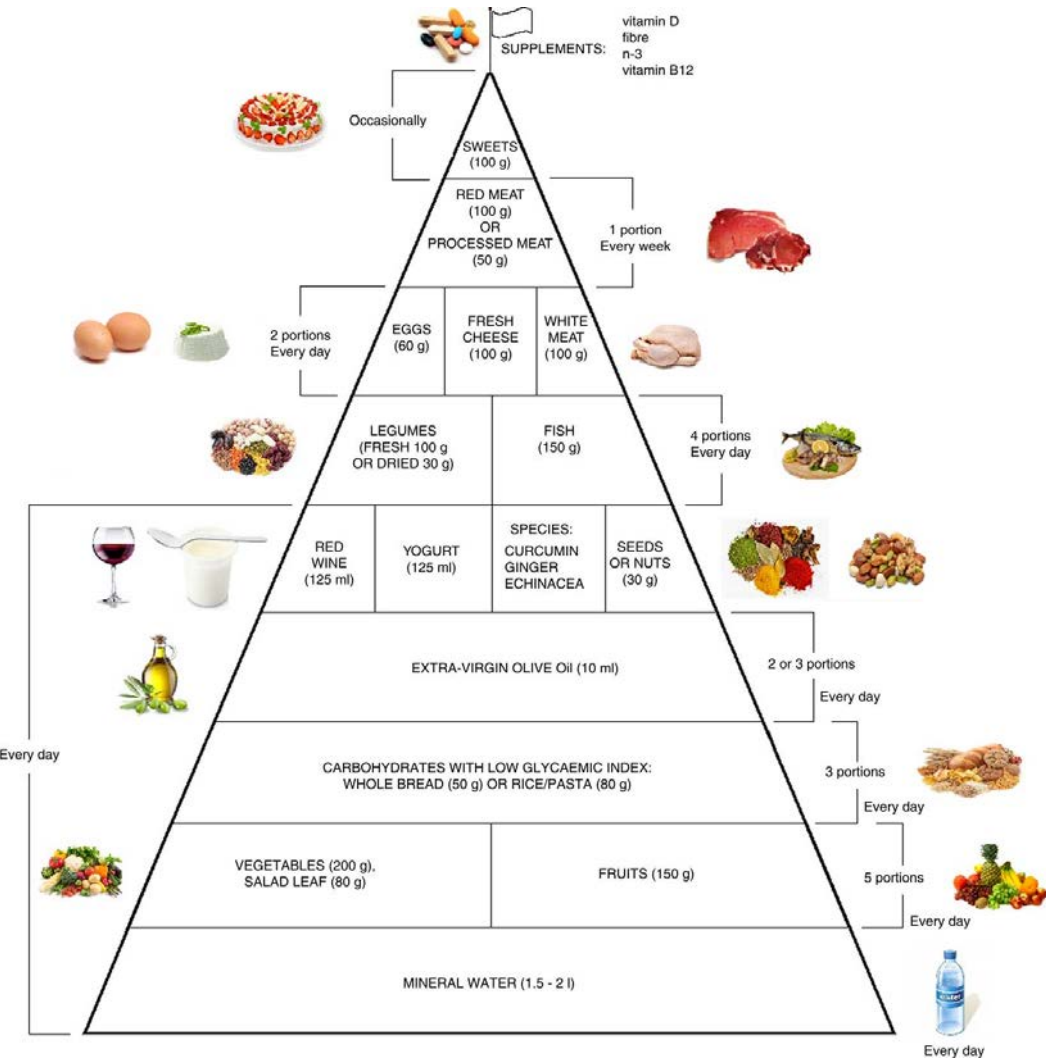


Educatie over (on)gezonde levensstijl

Link tussen voeding en pijn

Gezonde levensstijl en dieet

VOEDINGSDRIEHOEK GEZOND LEVEN



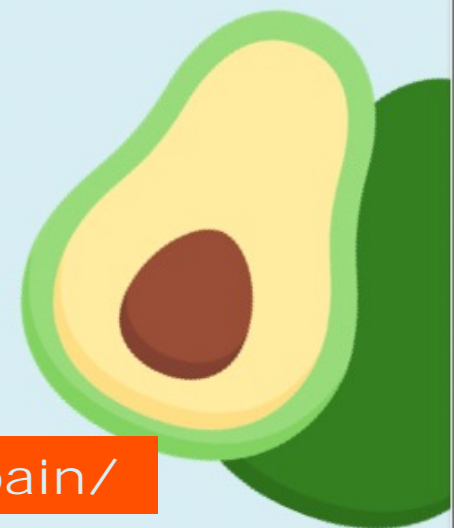
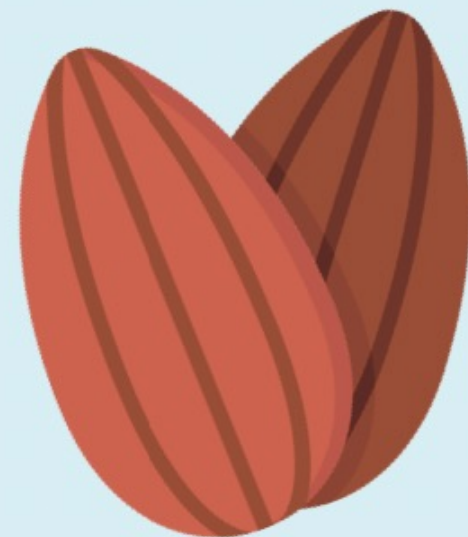
FOOD PYRAMID FOR SUBJECTS WITH CHRONIC PAIN

(RONDANELLI ET AL)



2020 GLOBAL YEAR FOR THE
PREVENTION OF PAIN

6 TIPS FOR NUTRITION AND PAIN MANAGEMENT

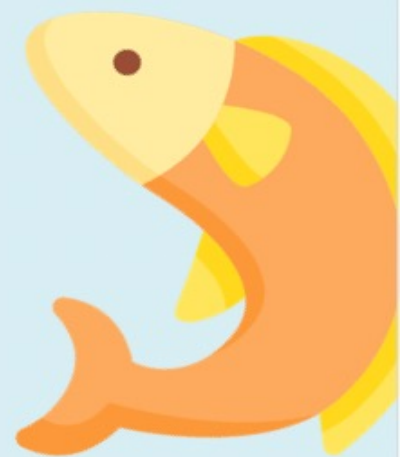


<https://www.iasp-pain.org/resources/fact-sheets/nutrition-and-chronic-pain/>

1

REDUCE INFLAMMATION TO HELP PROTECT YOUR BODY FROM OXIDANT DAMAGE:

Polyphenols are compounds found in fruit and vegetables and have antioxidant and anti-inflammatory properties.



2

GOOD QUALITY FATS

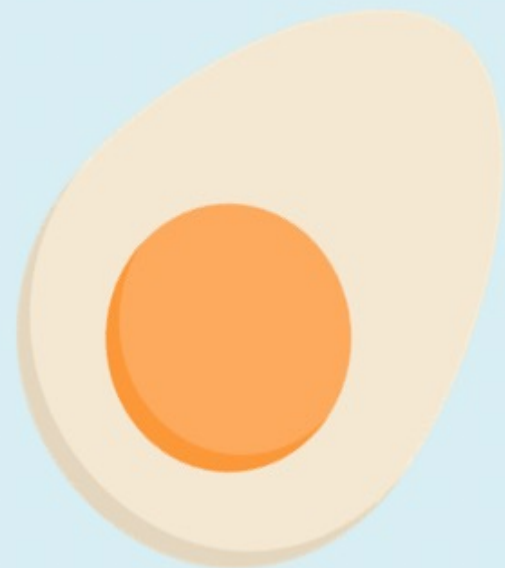
Omega-3 fats and olive oil both help to reduce inflammation and enhance the immune system.



3

PREVENT VITAMIN AND MINERAL DEFICIENCIES

Common micronutrient deficiencies in people experiencing pain include Vitamin D, Vitamin B12 and magnesium.



4

WATER INTAKE

Dehydration can increase sensitivity to pain. It can also have other effects on health outcomes, especially in older populations, such as poor wound healing and constipation.



5

INCREASE FIBRE

Fibre is important for proper digestion and maintenance of a healthy microbiome and weight management.



6

REDUCE AND LIMIT ULTRA-PROCESSED FOODS AND SUGAR INTAKE

These foods and drinks contain high amounts of energy and very low (or no) amounts of beneficial nutrients [12]. These foods can increase inflammation and oxidation which can worsen pain experiences.





Educatie over (on)gezonde levensstijl

Link tussen voeding en pijn

Gezonde levensstijl en dieet



Identificeren van (on)gezond gedrag

Voedingsdagboek

Prioriteiten stellen



Plannen van maaltijden

Supervisie therapeut gradueel laten afnemen

Gewoonte creëren om planning te maken

Opletten voor moeilijke situaties



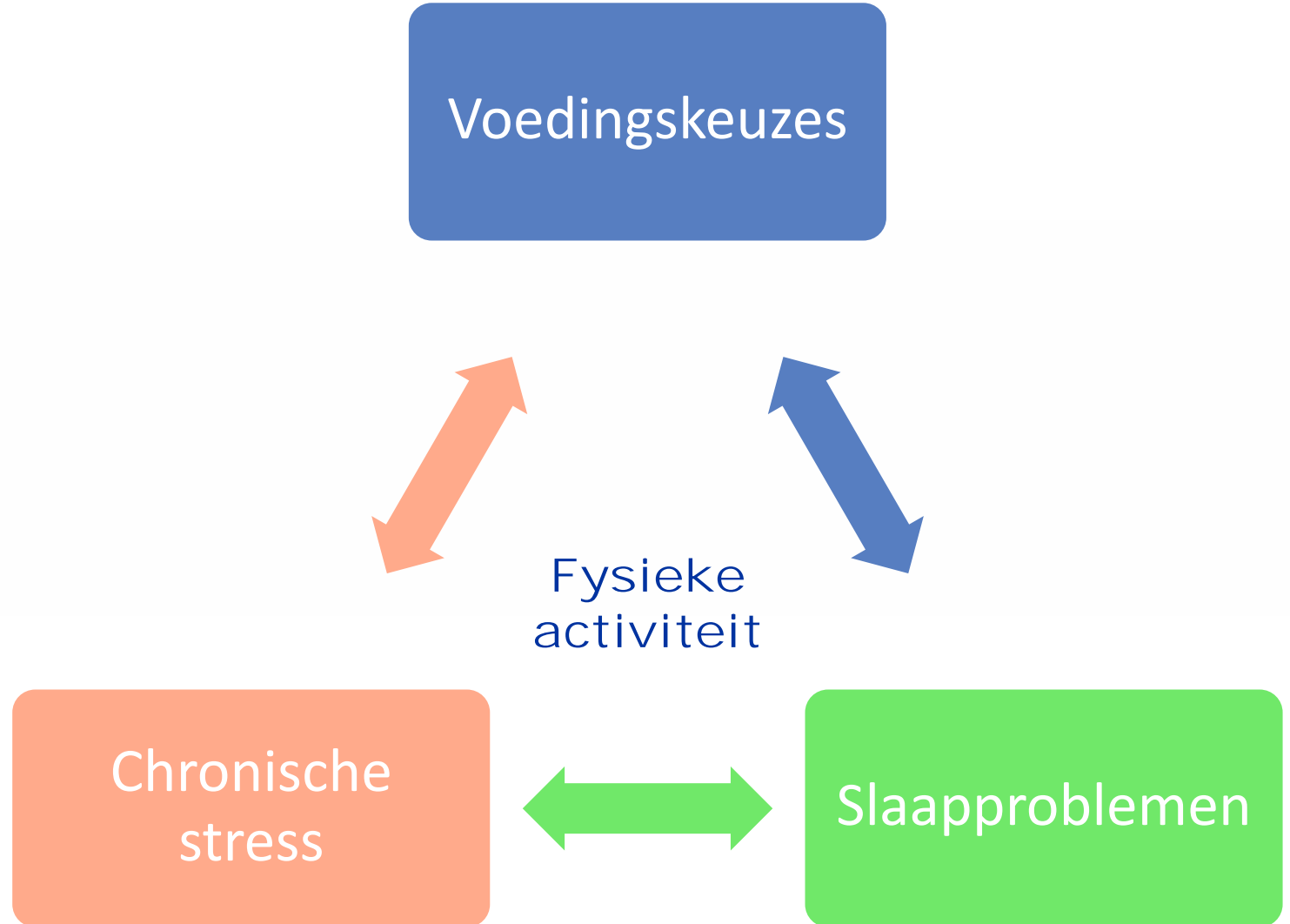
Combinatie met bewegprogramma

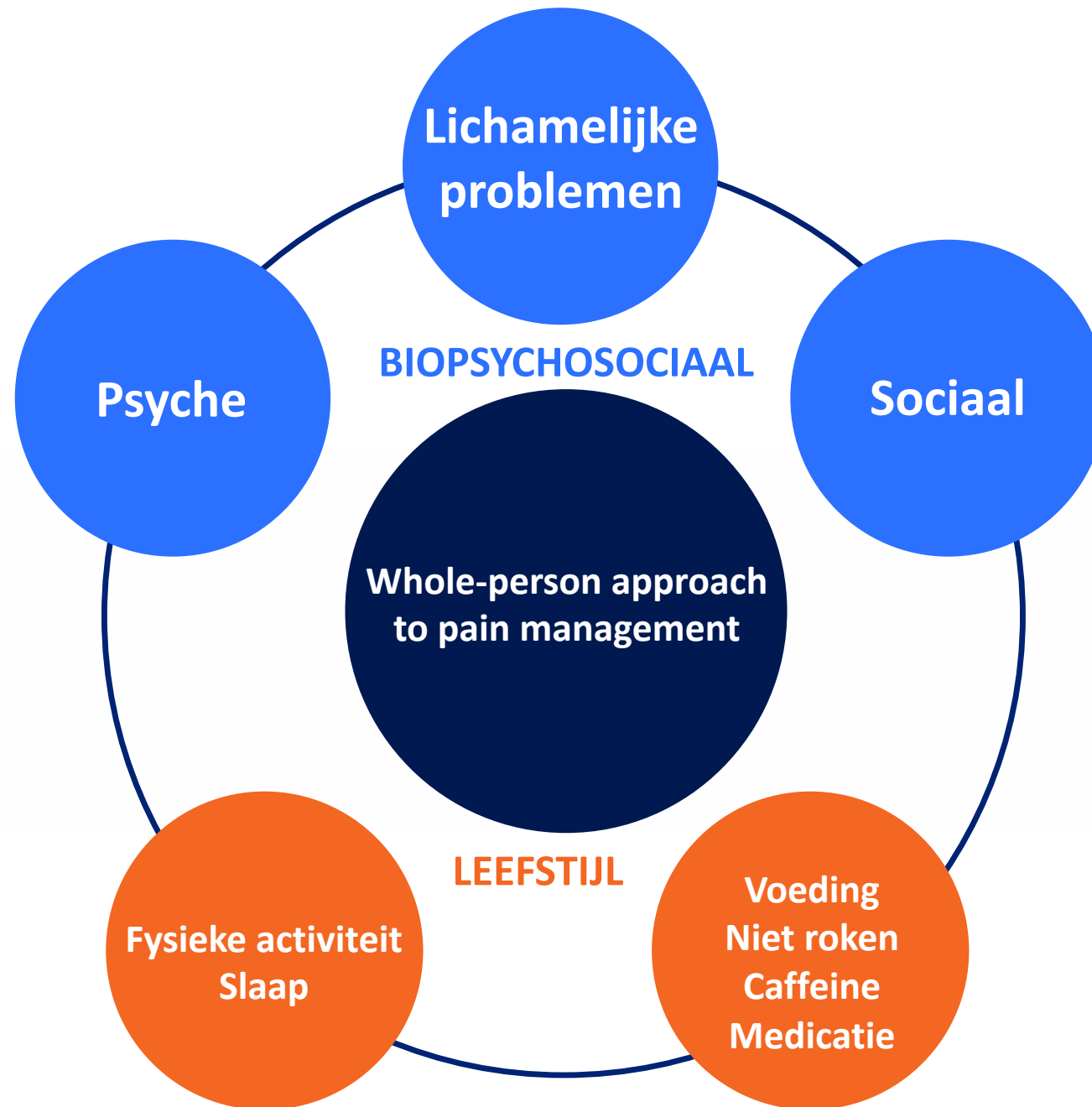
Afname sedentair gedrag

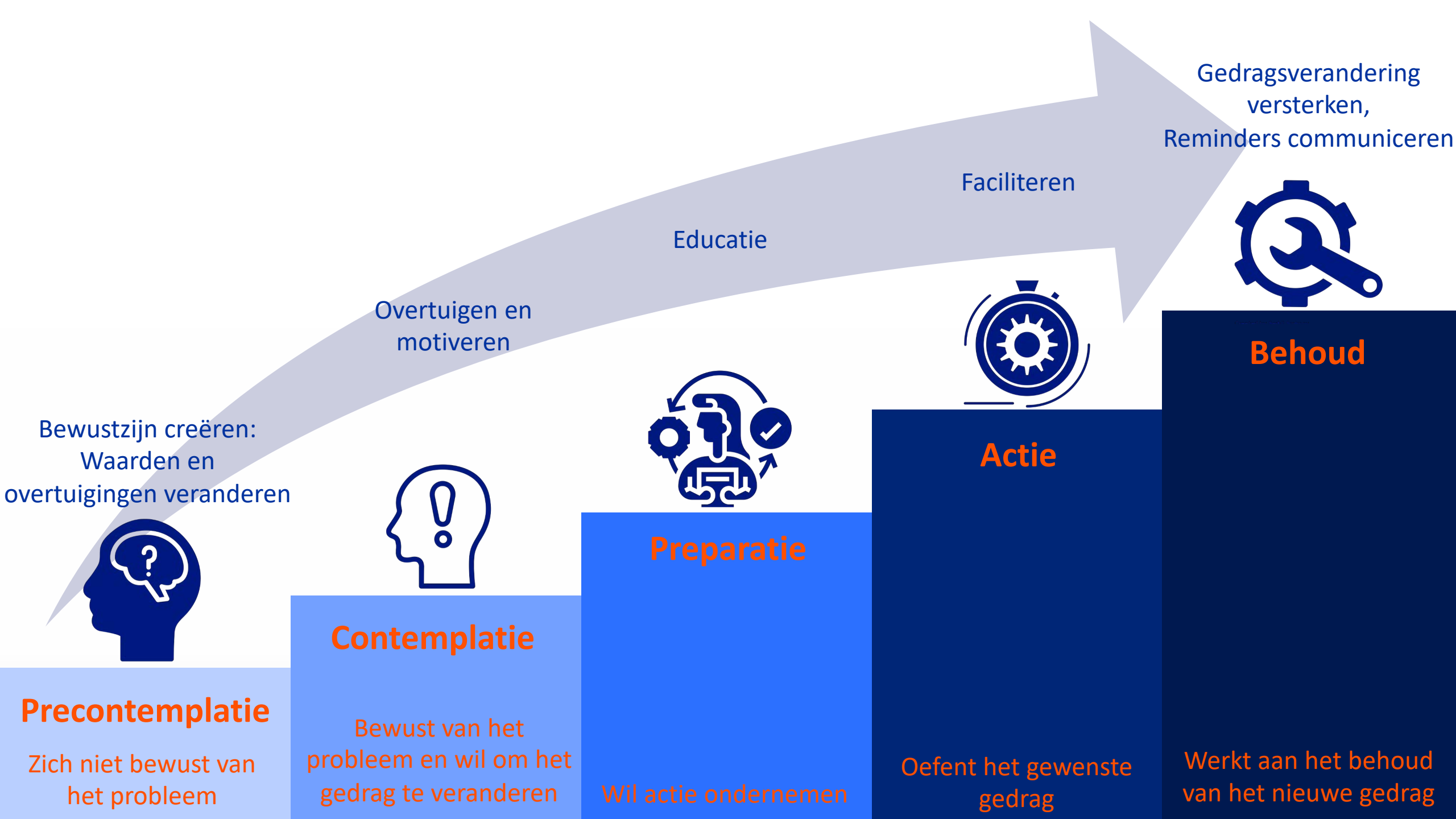
Toename fysieke activiteit

Integratie in pijnmanagement

LIFESTYLE COMBINATIE MET STRESS EN SLAAP









www.PainInMotion.be



[Twitter.com/paininmotion](https://twitter.com/paininmotion)

Instagram: [paininmotion](https://www.instagram.com/paininmotion)

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HET DENKEN MAG ZICH
NOOIT ONDERWERPEN.



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