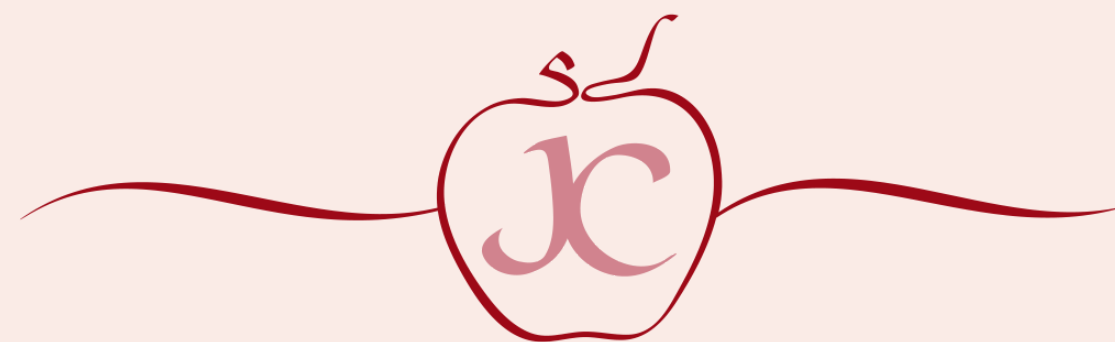


DEFESA DOS DIREITOS DAS PESSOAS COM DEFICIÊNCIA

Síndrome de Ehlers-Danlos (SED) e Transtorno de Hiper mobilidade Articular - 28/06/2022

MESA II - A SED E A INTERFACE COM A SAÚDE FÍSICA, MENTAL E NUTRICIONAL

Aspectos Nutricionais



JULIANA CARNEIRO

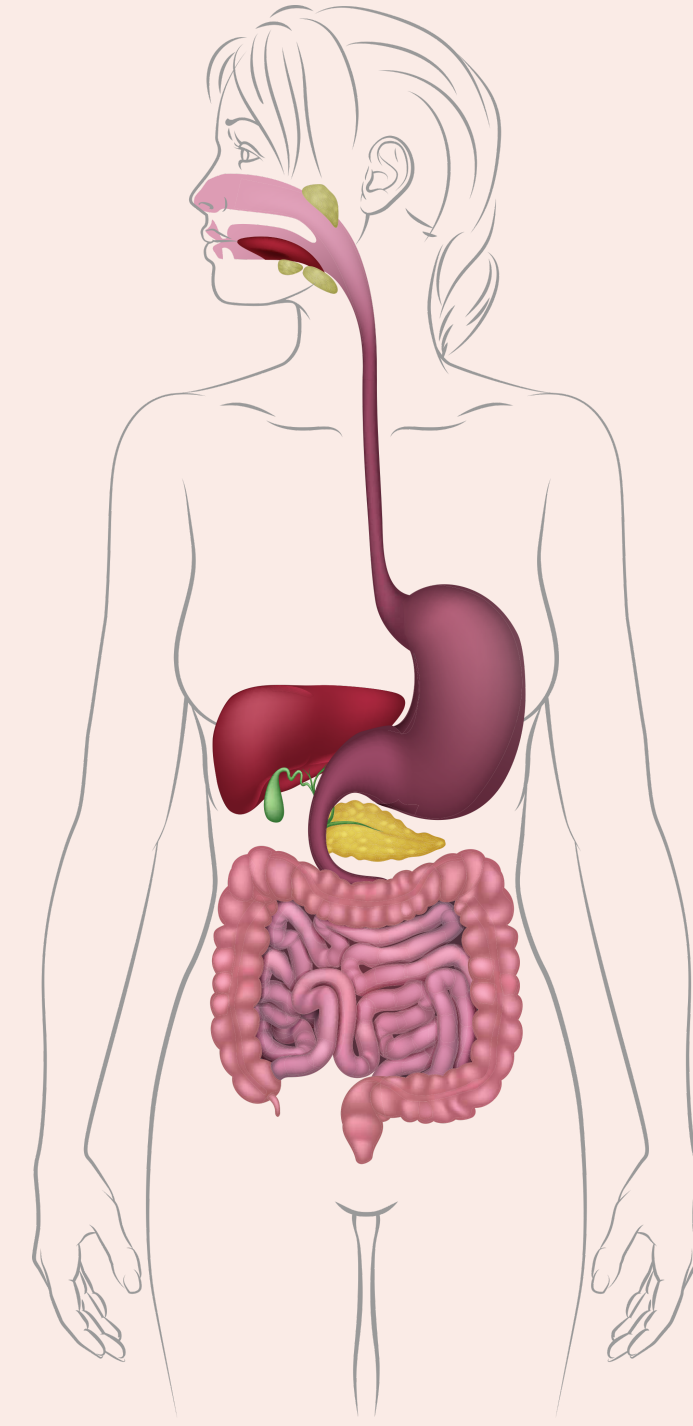
Nutricionista Clínica - CRN-9 25758



O Trato Gastrointestinal na Síndrome de Ehlers-Danlos e Transtorno de Hiper mobilidade Articular

FRAGILIDADE TECIDUAL GENERALIZADA

Comprometendo todo o TGI, que pode ainda ser agravada pelas comorbidades e diagnósticos associados como: Síndrome de ativação dos mastócitos (SAM), Síndrome postural ortostática taquicardizante (POTS), Disautonomia



Distúrbios mecânicos, Hipersensibilidade visceral, Hérnias, Refluxo Gastroesofágico, Aumento da permeabilidade intestinal (leaky gut), Disbiose, Super Crescimento bacteriano no intestino delgado (SIBO), Síndrome do Intestino Irritável (SII), Doenças Inflamatórias Intestinais (DII), Doença celíaca, Intolerâncias e alergias alimentares, Prolapso retal, dentre outras.

TRATAMENTO É SEMPRE MULTIDISCIPLINAR

Fontes: Gastroenterology and Hepatology (2021) ;19:277-287, Clinic Rev Allerg Immunol (2020) 58:273-297

Am Jou of Medical Genetics Part C (2017) 175C:181-187 , Neurogastroenterol Motil (2015) 27, 1657-1666

Gastroenterology & Hepatology Volume 18, Issue 2 February 2022



Sinais e Sintomas

- Aftas, feridas
- Dificuldade para mastigar
- Queimação
- Disfagia
- Dispepsia
- Regurgitação, eructação
- Saciedade precoce
- Gastroparesia
- Hipotensão pós-prandial
- Náusea
- Vômito
- Diarreia e/ou Constipação
- Dor e Distensão abdominal
- Bloating
- Gases excessivos
- Má absorção de nutrientes
- Alterações na motilidade
- Dificuldade e/ou dor ao evacuar
- Urgência fecal e urinária

IMPACTO NA QUALIDADE DE VIDA

Rome IV Functional Gastrointestinal Disorders and Health Impairment in Subjects With Hypermobility Spectrum Disorders or Hypermobile Ehlers-Danlos Syndrome



Ching Y. Lam,* Olafur S. Palsson,† William E. Whitehead,‡ Ami D. Sperber,§ Hans Tornblom,|| Magnus Simren,‡,|| and Imran Aziz*,||

American Journal of Medical Genetics Part C (Seminars in Medical Genetics) 175C:181-187 (2017)

ARTICLE

Gastrointestinal Involvement in the Ehlers-Danlos Syndromes

ASMA FIKREE, GISELA CHELIMSKY, HEIDI COLLINS, KATCHA KOVACIC, AND QASIM AZIZ*

Eat Weight Disord (2016) 21:175-183
DOI 10.1007/s40519-015-0232-x



REVIEW

Difficulty eating and significant weight loss in joint hypermobility syndrome/Ehlers-Danlos syndrome, hypermobility type

Carolina Baeza-Velasco¹ · Thomas Van den Bossche² · Daniel Grossin³ · Claude Hamonet^{3,4}

American Journal of Medical Genetics Part C (Seminars in Medical Genetics) 169C:54-75 (2015)

ARTICLE

Gastrointestinal and Nutritional Issues in Joint Hypermobility Syndrome/Ehlers-Danlos Syndrome, Hypermobility Type

MARCO CASTORI, SILVIA MORLINO, GIULIA PASCOLINI, CARLO BLUNDO, AND PAOLA GRAMMATICO

Received: 16 October 2020 | Revised: 25 November 2020 | Accepted: 6 January 2021
DOI: 10.1111/nmo.14086

ORIGINAL ARTICLE

Neurogastroenterology & Motility | WILEY

Impact of joint hypermobility syndrome on gastric accommodation and nutrient tolerance in functional dyspepsia

Florencia Carbone¹ | Nick Goelen¹ | Asma Fikree² | Qasim Aziz² | Jan Tack¹

Clinical Reviews in Allergy & Immunology (2020) 58:273-297
https://doi.org/10.1007/s12016-019-08755-8



The Relationship Between Hypermobile Ehlers-Danlos Syndrome (hEDS), Postural Orthostatic Tachycardia Syndrome (POTS), and Mast Cell Activation Syndrome (MCAS)

Alison Kohn¹ · Christopher Chang^{1,2,3,4}

Published online: 2 July 2019
© Springer Science+Business Media, LLC, part of Springer Nature 2019

Neurogastroenterology & Motility

NGM

Neurogastroenterol Motil (2015) 27, 1657-1666

doi: 10.1111/nmo.12665

Ehlers Danlos syndrome and gastrointestinal manifestations: a 20-year experience at Mayo Clinic

A. D. NELSON,* M. A. MOUCHLI,* N. VALENTIN,* D. DEYLE,† P. PICHURIN,† A. ACOSTA* & M. CAMILLERI*

Current Nutrition Reports
https://doi.org/10.1007/s13668-021-00373-1

GASTROENTEROLOGY, CRITICAL CARE, AND LIFESTYLE MEDICINE (SA MCCLAVE AND M EISA, SECTION EDITORS)



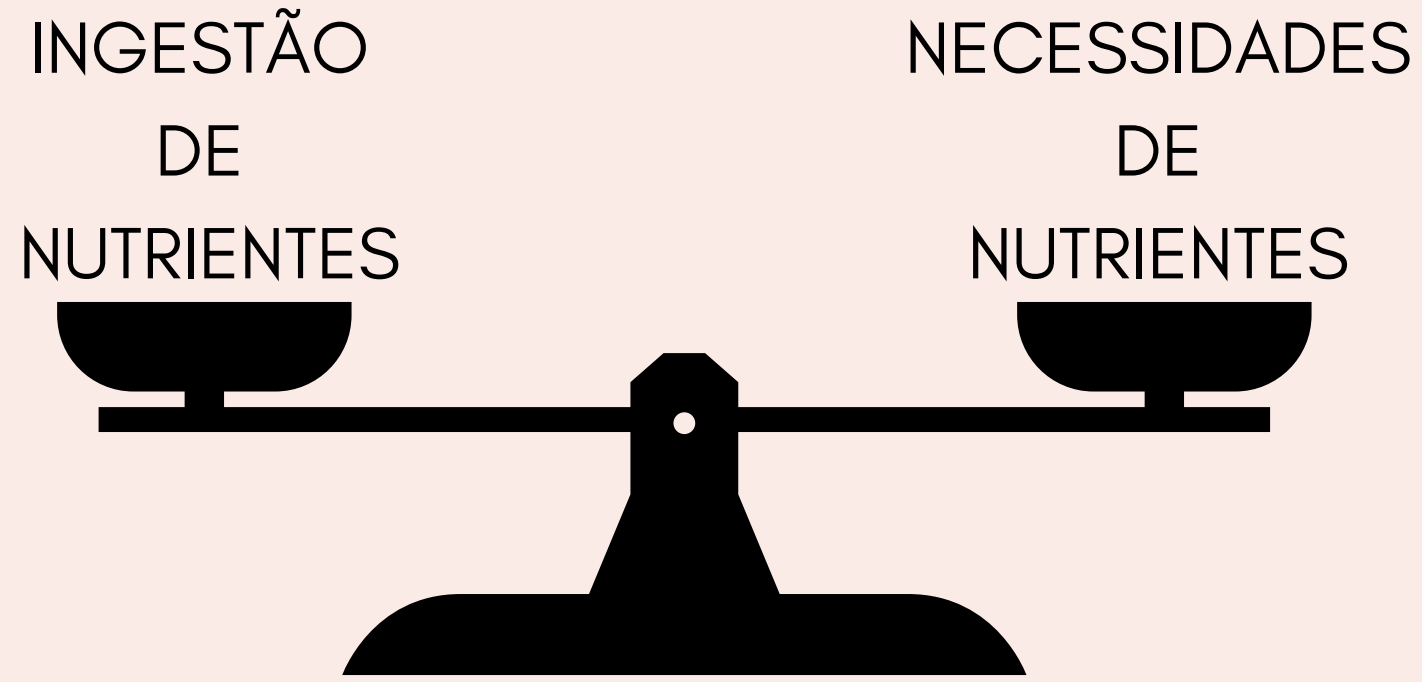
Nutritional Implications of Patients with Dysautonomia and Hypermobility Syndromes

Toan Do¹ · Sarah Diamond² · Caitlin Green³ · Malissa Warren⁴



Avaliação Nutricional

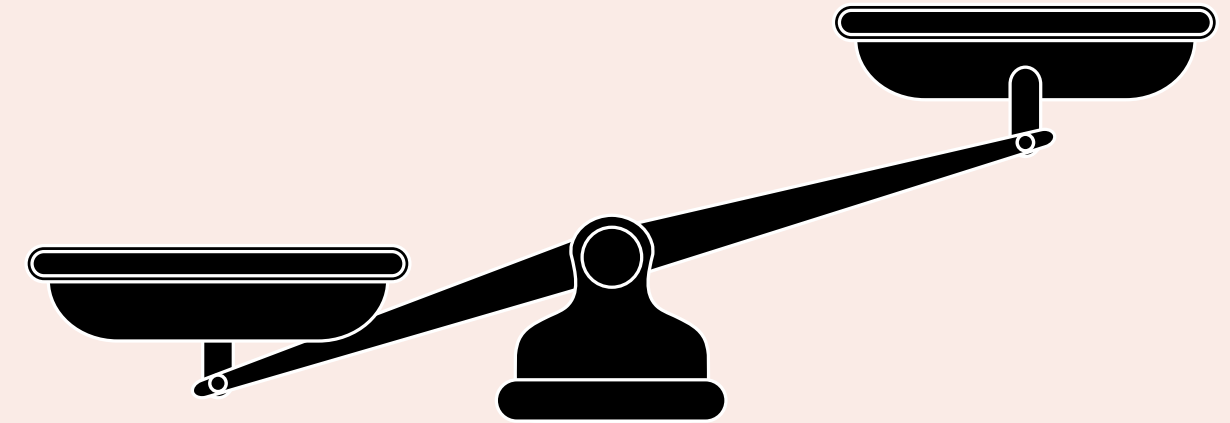
OBJETIVO: Detectar precocemente o risco nutricional e de desnutrição



Estado Nutricional Ideal

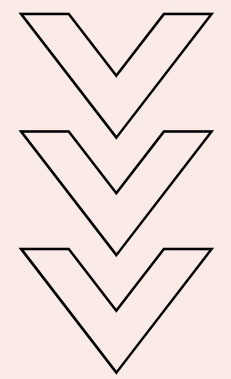
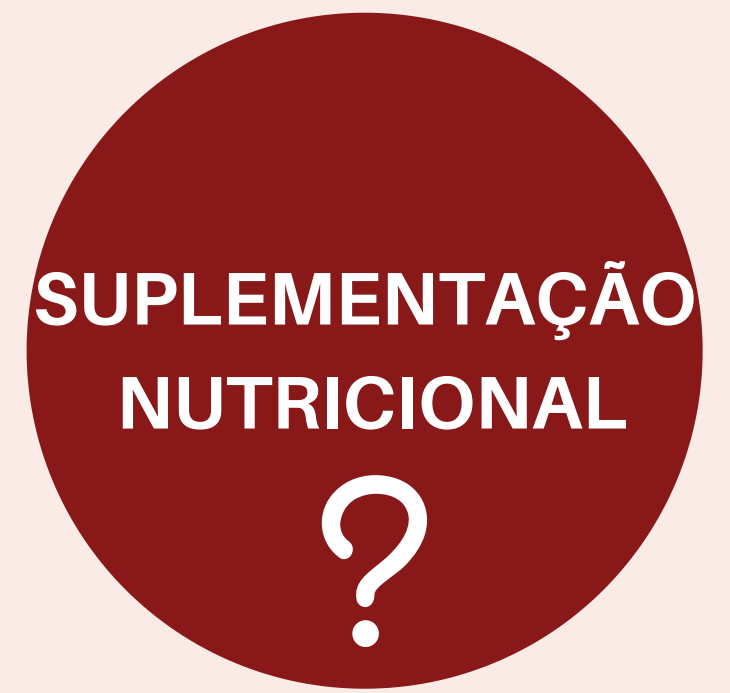
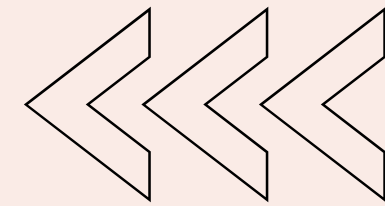
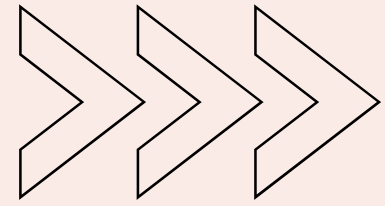


DEFICIÊNCIAS DE MACRO E MICRONUTRIENTES



Estado Nutricional na SED

ALTERAÇÕES BIOQUÍMICAS, FUNCIONAIS E NO METABOLISMO

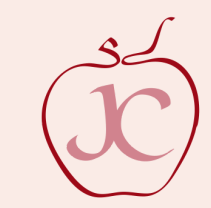


REGRA DE OURO
Prefira sempre alimentos in natura ou minimamente processados e preparações culinárias a alimentos ultraprocessados.

MELHORAR O ESTADO NUTRICIONAL E A QUALIDADE DE VIDA

*Excipientes
Formas químicas
Formas farmacêuticas*

*Mudança no estilo de vida
Higiene do sono
Manejo do estresse
Espiritualidade*



Obrigada



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