Questions and answers

Q1: What are two major types of inflammatory bowel disease (IBD)?

A1: Ulcerative colitis and Crohn's disease

Q2: Please explain regarding possible etiology of IBD.

A2: An interaction between environmental factors and gut microbiota in genetically susceptible individuals may cause a dysregulation of both the innate and adaptive immune responses. The environmental factors include stress, pollution, breastfeeding, smoking, use of antibiotics, chemical products and diet.

Q3: Please explain regarding protective effects (mechanisms) of breastfeeding in IBD development.

A3: The protective effects protective effects of breastfeeding are associated with the antibodies (SIgA and SIgM), cytokines, immune cells, growth factors and high concentrations of oligosaccharides provided and released by breast milk and its components. These factors seem to provide defense and promote the production of bacteria that benefit neonatal intestinal microbiota, thus improving innate mucosal immunity development.

Q4: How are dietary components related to intestinal inflammation and pathogenesis of IBD?

A4: Dietary components are involved in dysbiosis on the intestinal mucosa, which can become thinner and more permeable to pathogens and antigens, leading to a low-grade, but persistent inflammation. IBD is associated with intestinal dysbiosis, which is characterized by a generalized alteration in the diversity and abundance of bacterial species.

Q5: How does malnutrition affect IBD patients?

A5: Malnourished IBD patients are more likely to have a worse prognosis, complication rates, mortality and quality of life.