



TRANSLATIONAL
MEDICINE
Trials

The Effect Of dietary fat content on the Recurrence of pancreaTitis (EFFORT)

Randomized Controlled Trial



Olga Zahariev

study coordinator

olga.zahariev@gmail.com



WHO ARE WORKING ON THE PROJECT?

Principal investigator, corresponding author:

Péter Hegyi (hegyi2009@gmail.com)

Andrea Párniczky (andrea.parniczky@gmail.com)

Dietary development team:

Olga Zahariev

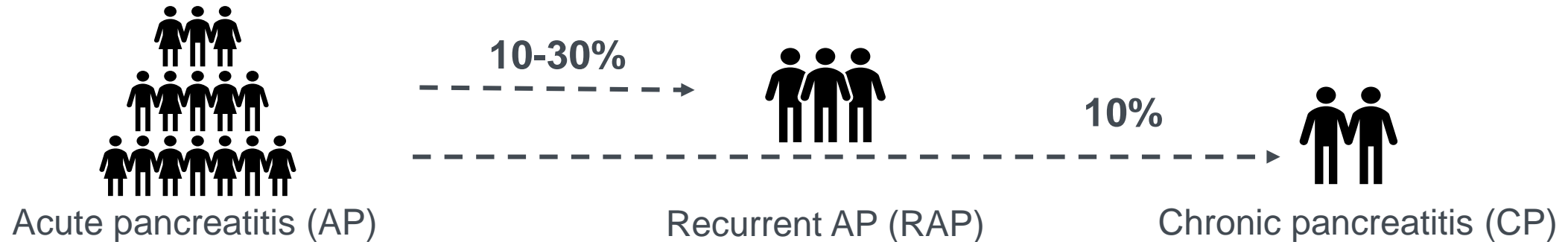
Bettina Budai

Luca Havelda

Colleagues involved:

Márk Félix Juhász, Zsófia Vereczkei, Klementina Ocskay, Lajos Szakó, Nelli Farkas, Zsolt Szakács, Noémi Zádori, Michael Wilschanski, Stephen J. Pandol, Francisca Joly, Gabriele Capurso, Paolo Giorgio Arcidiacono, Ferenc Izbéki, László Czakó, Mária Papp, László Czopf

BACKGROUND



Interventions exist for the two most common etiologies **to avoid disease progression:**

- **Alcohol (and smoking) cessation**
- **Cholecystectomy** in biliary AP
- **Low fat diet** – often recommended, evidence is scarce

Could low-fat diet prevent disease progression?

INTERVENTION

Specific meal plans with recipes for 1 week



Shopping list of free and avoidable foods

Assessment of dietary habits:
3-day diet diary



DIETARY INTERVENTION

Additional material:

- cooking techniques
- label guide
- applications
- delivery



Food composition guide

OUTCOMES



- **recurrence** of acute pancreatitis (given as a rate of event)
- all-cause **mortality**

PRIMARY

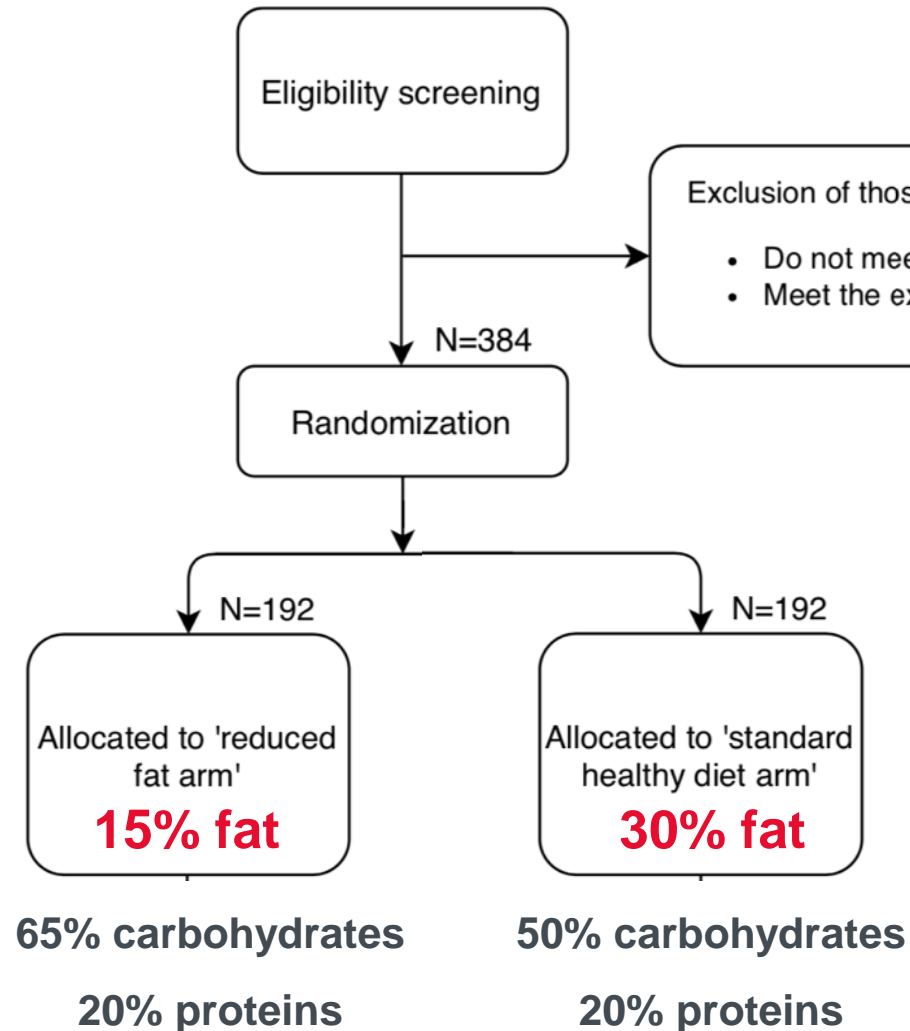
- pancr. & CV **mortality**
- newly diagnosed **CP**
- serum **lipids** (Chol, TG, HDL, LDL)
- serum albumin
- D, E, A, K vitamins

SECONDARY

- blood pressure
- body composition + muscle strength
- **dietary adherence**
- **adverse events**
- **quality of life**

STUDY DESIGN

2 arm RCT



INCLUSION CRITERIA:

- ✓ AP
- ✓ last AP episode was **idiopathic**
- ✓ **≥14 years** old

STUDY DESIGN

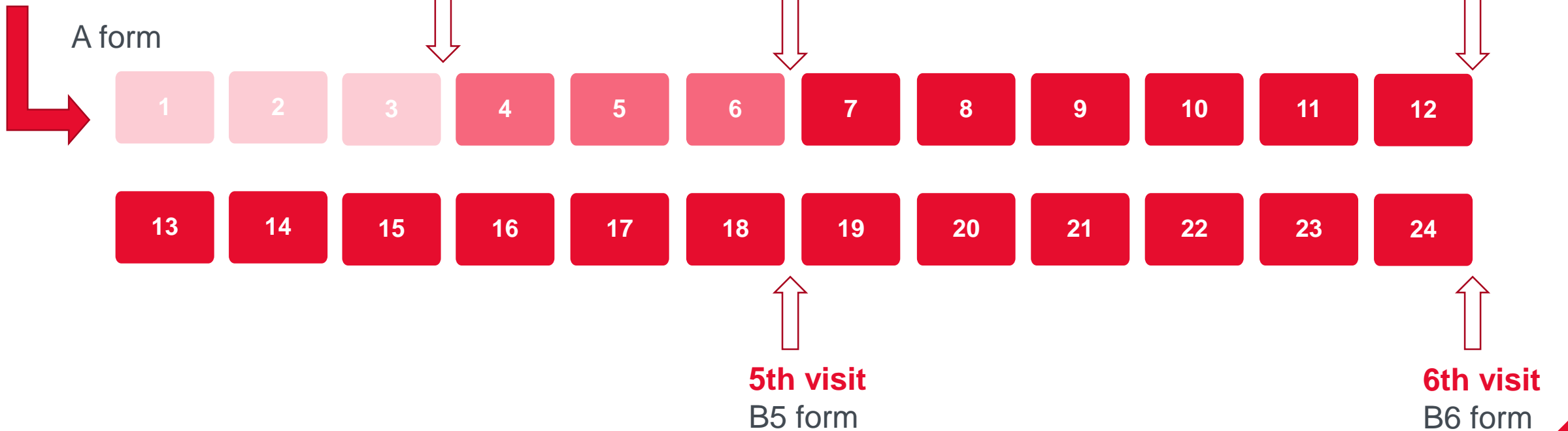


Hospital admission

- eligibility
- informed consent
- baseline data

Discharge Day = 1st visit

- allocation
- intervention



PROTOCOL PUBLISHED



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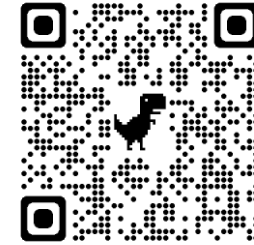


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The EFFECT of dietary fat content on the recurrence of pancreaTitis (EFFORT): Protocol of a multicenter randomized controlled trial

Márk Félix Juhász ^{a, b}, Zsófia Vereczkei ^a, Klementina Ocskay ^a, Lajos Szakó ^a, Nelli Farkas ^a, Zsolt Szakács ^a, Noémi Zádori ^a, Michael Wilschanski ^c, Stephen J. Pandol ^d, Francisca Joly ^e, Gabriele Capurso ^f, Paolo Giorgio Arcidiacono ^f, Ferenc Izbéki ^g, László Czakó ^h, Mária Papp ⁱ, László Czopf ^j, Péter Hegyi ^{a, b, k, 1}, Andrea Párniczky ^{a, b, l, *, 1}, on behalf of the Hungarian Pancreatic Study Group

^a Institute for Translational Medicine, Medical School, University of Pécs, Pécs, Hungary

^b Centre for Translational Medicine, Semmelweis University, Budapest, Hungary

^c Hadassah Hebrew University Medical Center, Jerusalem, Israel

^d Cedars-Sinai Medical Center and University of California, Los Angeles, USA

^e Centre for Intestinal Failure, Department of Gastroenterology and Nutritional Support, Hôpital Beaujon, Clichy, France

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