

Christine Randazzo Kirschner, MS, RDN, CDN

Poops, Toots, & Bloat: Clues to Digestive Distress and How the Dietitian Can Help Patients with IBS

Bio:

Christine Randazzo Kirschner, MS, RDN, CDN, is a GI-expert dietitian and co-founder of Amenta Nutrition, a virtual nutrition counseling and consulting firm. Although she helps people with a variety of health concerns, she specializes in digestive disorders, including Irritable Bowel Syndrome, chronic constipation, bloating, SIBO, and other gastrointestinal and metabolic diseases like Celiac and MASLD/MASH (formerly NAFLD/NASH).

Christine holds a Bachelor of Arts in Italian and a Master of Science in Nutrition from Hunter College. She is the co-leader of the Disorders of the Gut-Brain Interaction workgroup which is a subdivision of Dietitians in Gluten and Gastrointestinal Disorders- a DMNT DPG subgroup.

She is also a Monash University low-FODMAP diet-trained dietitian, provides worksite wellness services, and dietitian-focused talks. Christine and her partner April Panitz were featured on NBC 4's New York Live and have been quoted in various media outlets like Vogue and Self.

Description of Presentation:

According to a recent global study by the Rome Foundation, more than 40% of adults worldwide have Disorders of the Gut-Brain Interaction or DGBIs (formally known as functional gastrointestinal intestinal disorders). A large proportion of patients suffering from these complex disorders report that eating food triggers symptoms.

Over the past decade, an influx of research in this area has enhanced the understanding of the intricate relationship between food and the digestive systems. In addition to food's nutritive role, it possesses osmotic and physical properties that can impact the likelihood of symptom development. As nutrition and food experts, RDNs are in a unique position to unveil these potential food triggers. This session will review DGBIs, diet therapies, the role of fiber in symptom management, what the dietitian should be asking patients, and how to help patients manage Irritable Bowel Syndrome.

Learning Objectives:

1. Demonstrate understanding of the prevalence, pathophysiology and diagnosis of irritable bowel syndrome (IBS).
2. Recommend newer, more current dietary treatments for IBS.
3. Recognize the potential effects of food in the digestive tract and their impact on symptoms.