

Die NURMI Study – Erste Publikationen veröffentlicht

Europas größte Laufstudie, die NURMI-Study, präsentiert im April 2016 erste Ergebnisse und legt erste Veröffentlichungen vor.

In chronologischer Reihenfolge:

1. Study Protocol

Wirnitzer K, Seyfart T, Leitzmann C, Keller M, Wirnitzer G, Lechleitner C, Rüst C, Rosemann T, Knechtle B (2016). Prevalence in running events and running performance of endurance runners following a vegetarian or vegan diet compared to non-vegetarian endurance runners: the NURMI Study. *Springer Plus* 5:458

DOI: 10.1186/s40064-016-2126-4

The article is available online: <http://www.springerplus.com/content/5/1/458> or <http://link.springer.com/article/10.1186/s40064-016-2126-4>

PubMed: <http://www.ncbi.nlm.nih.gov/pubmed/27119062>



2. VegMed Congress, Abstract

Wirnitzer K, Leitzmann C, Knechtle B, Nikolaidis P, Wirnitzer G, Lechleitner C, Seyfart T, Boldt P (2016). The NURMI Study: Methodology and First Results of the Prevalence of Vegetarians and Vegans in Running Events. In: Kessler C, Michalsen A (eds.). VegMed – Scientific Congress for Vegetarian Nutrition and Medicine. April 22-24, 2016, Berlin. Abstracts. Research Sessions, NO.36. *Forschende Komplementärmedizin* 23(suppl 1):9

Abstract book is available online only:

http://vegmed.de/user/pages/03.program/intro/FOK_S1_16_VegMed.pdf

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**VegMed:
«VegMed – Scientific Congress
for Vegetarian Nutrition and Medicine»**

April, 22–24, 2016, Berlin

ABSTRACTS

Editors
Christian Kessler,
Andreas Michalsen,
Berlin

NO 30
Impact of Elimination or Reduction of Dietary Animal Proteins on Cancer Progression and Survival
Aguiar, G, Caviglia, R, Vercoutre, G, et al.

Background: There is evidence that the incidence of cancer is low in veg-
an populations but currently there is little data available on the effect of a
plant-based diet on the progression of diagnosed cancer.
Hypothesis: A reduction or total elimination of animal proteins from the
diet can positively influence the course of an existing cancer disease and
in addition to oncological standard therapies – increase the remission rate.
We expect a higher effect the lower the consumption of animal proteins.
Purpose of the pilot study:

1. To test the hypothesis that elimination/reduction of dietary animal
proteins leads to an improved tumor prognosis. Tumor behavior
(numbers and percentage of tumor recurrences) at 6 months was
chosen as primary end point in the respective diet focus (omnivore/
lacto-ovo vegetarian/vegan).
2. To estimate the effect size and thus to enable sample size calculations
in further studies.
3. To test the feasibility of the different diets especially of a vegan diet,
in cancer patients.
4. To test the tolerance of different diets and to proof that a vegan diet
does not lead to a deterioration of health, tumor progression or mal-
nutrition.
5. To test the online portal as a study platform (technical aspects, se-
curity of data, data management).
6. To test the validity of self-reported and online-generated data.

The concept of this ongoing pilot study and first experiences with its set-
ting as a patient driven online study are presented.

NO 38
**Fasting Protects Against Experimental Colitis and Commensal
Microbial Gut Dysbiosis**
Gross, J, A, Bortone, E, S, Jacobson, K, Vallance, B, A, et al.

**Division of Gastroenterology, Department of Pediatrics, University of British
Columbia, Vancouver, BC, Canada
CHS and Family Research Institute, Vancouver, BC, Canada**

Inflammatory Bowel Disease (IBD) is an auto-inflammatory disease of the
gastro-intestinal system with unknown etiology. Many studies suggest
that an imbalance in the interplay between diet, the gut microbiota and
the intestinal epithelial barrier contribute to the pathogenesis of the dis-
ease. Our Western diet dramatically alters the makeup of our gut micro-
biota which can in turn lead to weakened gut barriers and microbial dysbi-
osis. This is characterized by loss of beneficial microbes and an increase in
potentially pathogenic bacteria. Inflammation results when these bacteria
interact with an impaired epithelial surface or leak across the epithelial
barrier and stimulate the underlying immune cells.
Experiments from our lab demonstrate that fasting greatly reduces in-
flammation in two models of experimental colitis. A 48 hour fast ame-
liorates Dextran sulfate sodium (DSS)-induced colitis and leads to sig-
nificant decreases in IL-1β, IL-6 and TNFα expression in the colon along
with changes in the make-up of the gut microbiota of CD45^{cre} mice. In
experiments using a mouse model of Salmonella typhimurium induced
colitis, we found that following pre-treatment with a 48h fast
completely protects CD45^{cre} mice from the expected pathogen-induced
intestinal damage. Preliminary data show that fasting alters the resident
microbiota and increases microbial based colonization resistance there-
by preventing S. typhimurium from colonizing the intestine and triggering
inflammation. We therefore conclude that fasting beneficially modulates
the gut microbiota and shapes host-microbe interactions in a way that pro-
motes resistance to exogenous stressors and prevents microbial dysbiosis
and inflammation.

3. Preview: ECSS (July 2016)

Wirnitzer KC, Knechtle B, Nikolaidis PT (2016). PREVALENCE OF OMNIVORES, VEGETARIANS AND VEGANS IN RUNNING EVENTS: THE NURMI STUDY

21th annual Congress of the ECSS – European College of Sport Science:
<http://ecss-congress.eu/2016>

Preview of the respective Oral Session: *PH Nutriron & Diets – cancelling and surveys is*
available online:
<http://ecss-congress.eu/2016/16/index.php/programme/scientific-programme/oral-sessions>

Das NURMI-Team beschäftigt sich intensiv mit der Datenanalyse. Dennoch wird die vollständige Auswertung sowie die Veröffentlichung aller Resultate der NURMI-Study mehrere Jahre in Anspruch nehmen und stufenweise erfolgen.

Die Liste der NURMI-Publikationen wird laufend aktualisiert: www.nurmi-study.com/publikationen

Alle Infos zur NURMI-Study finden Sie auf der NURMI-Website und auf Social Media unter:

www.nurmi-study.com
www.facebook.com/nurmistudy

Presse: <http://www.nurmi-study.com/presse/>

Hier finden Sie zusätzliches Pressematerial (z. B. Logos, Infosheets, alle PA's) zum Download.

Wenn Sie über den weiteren Verlauf der NURMI-Study informiert werden möchten, nehmen wir Sie gerne in unseren Presseverteiler auf.

Über Ihre redaktionelle Berichterstattung würden wir uns sehr freuen!

Rückfragenhinweis:

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Vergleichende Laufstudie

International (Forscher aus 4 Nationen)

Interdisziplinär (3 Disziplinen: Sport- und Ernährungswissenschaften, Medizin)

Team: <http://www.nurmi-study.com/team/>

Studienleitung:

Dr. Katharina Wirnitzer, AT – Sportwissenschaften

Kernteam der Wissenschaftler:

Prof. Dr. Claus Leitzmann, DE – Ernährungswissenschaften

Prof. Dr. Beat Knechtle, CH – Medizin, Medizin

Prof. Dr. Hahn, DE – Ernährungswissenschaften

Dr. Pantelis Nikolaidis, GR – Sportwissenschaften

Dr. Katharina Wirnitzer, AT – Sportwissenschaften

Partner: <http://www.nurmi-study.com/partner/>

Ohne Unterstützung wäre ein so großes Wissenschafts-Projekt nicht durchführbar.

Wenn auch *Sie* die NURMI-Study unterstützen möchten, kontaktieren Sie uns – wir würden uns freuen!

NURMI – Wie alles begann ...

Diese vergleichende Laufstudie durch Studienleiterin Dr. Katharina Wirnitzer initiiert.

Am 1. Oktober 2014 erfolgte der Start der NURMI-Studie mit STEP 1. Heute am 1. März 2015 startet STEP 3 mit knapp 2.300 Teilnehmern in die letzte Phase der NURMI-Hauptstudie.

Was ist NURMI?

The NURMI-Study (NURMI – Nutrition and Running high Mileage) ist eine internationale und interdisziplinäre vergleichende Laufstudie.

Diese internationale Kooperation untersucht in STEP 1 epidemiologische Aspekte und Prävalenz von omnivoren, vegetarischen und veganen Läufern bei Laufevents, sowie den Zusammenhang von Ernährung, Gesundheit und Laufleistung in STEP 2 und 3.
