

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
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NURMI-LEBENSWEISE

the active form of vitamin B12. The HPLC assay is believed to be more accurate in assessing the real vitamin B12 status in the human body. In this presentation a case study is shown with a male diagnosed by various medical doctors and as a result severely vitamin B12-deficient. The recovery of a severe B12 deficiency needs a careful guidance with personalized integrative care and may take several years to rehabilitate the body.

**NO 30
Impact of Elimination or Reduction of Dietary Animal Proteins on Cancer Progression and Survival**
Aguiar, G., Craig, R., Vernon Tasei and Krebs, Verena, Austria

Background: There is evidence that the incidence of cancer is low in vegans and vegetarians 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:

- 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/lean-ovo/vegetarian/vegan).
- To estimate the effect size and thus to enable sample size calculations in further studies.
- To test the feasibility of the different diets especially of a vegan diet in cancer patients.
- 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 malnutrition.
- To test the online portal as a study platform (technical aspects, see overview of different questionnaires).
- To test the validity of self reported and online-generated data.

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

**NO 38
Fasting Protects Against Experimental Colitis and Commensal Microbial Gut Dysbiosis**
Gross, J. A., Bostrom, E. S., Jacobson, K. J., Wallace, R. A.¹
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²CHS 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 disease. Our Western diet dramatically alters the makeup of our gut microbiota which can in turn lead to weakened gut barriers and intestinal dysfunction. 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 inflammation in two models of experimental colitis. A 48 hour fast ameliorates Dextran sulfate sodium (DSS)-induced colitis and leads to a significant decrease in IL-1β, IL-6 and TNFα expression in the colon along with changes in the make-up of the gut microbiota of CD1B mice. In experiments using a mouse model of Salmonella typhimurium induced colitis, we found that following intermittent pre-treatment – a 48h fast completely protects CD1B mice from the expected pathogen-induced intestinal damage. Preliminary data show that fasting alters the resident microbiota and increases microbial based colonization resistance thereby 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 promotes 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 Nutrition & 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.
