

Is there anything I can eat that can control my RA?

I'll start by saying that we don't have good data on this. Many studies have been done to understand whether certain foods increase the risk of flares. While some have shown benefit, none have been replicated. Part of the reason why there are no landmark studies on diet in RA is because they are difficult to carry out for both the patient and the researcher. It is tough for patients in a study to keep track of their diet or eat a predefined diet for months. Likewise, the data from what someone ate is difficult to analyze because any one food item contains multiple nutrients.

Of all the studies, only one nutrient, omega-3-fatty acids, has been shown to modestly reduce inflammation. The effects were quite modest- while the inflammatory markers were slightly lower, the number of swollen and tender joints for those who start the supplementation is roughly the same as those not on the supplement. Thus, even with a diet rich in omega-3-fatty acids, staying on treatment is very important.

What we do know is a well-balanced diet with fruits and vegetables is important for general health; processed foods and refined sugars can promote inflammation. In conclusion, rather than knowing specifically what can control inflammation, we have slightly better data on what foods we may want to eat less of...maybe after the holidays!

Enrollment Numbers

Enrolled: 44 | Completed: 29
Target: 75 patients over 3 years
(We have <1 year to go)



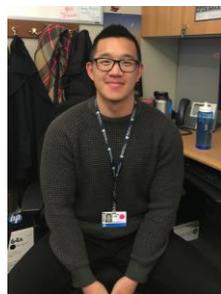
Jingle Run!

We're running in this year's Arthritis Foundation's Jingle Bell Run to raise funds for arthritis research. The team will be co-captained by Joshua Colls and LiiRA PI, Kat Liao. Come cheer on the BWH Rheumolph the Red Nosed Reindeers, December 9th on the Boston Commons.

More information:

<https://events.arthritis.org/index.cfm?fuseaction=donorDrive.event&eventID=610>

Team Spotlight



Ethan has been a research assistant with the LiiRA study for the past 2 years. He will be leaving us at the end of the year to attend nursing school at Massachusetts College of Pharmacy and Health Science. He enjoys working out and will be competing in a weightlifting competition in California in December. We wish him success in his future endeavors, and we will all miss him!

Would you like to see something in our next newsletter? Contact us!

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A warm welcome to our newest team members



Thany joined the team in July 2018 and is studying in the dual Masters in Medical Sciences and Clinical Research Program at Boston University. Thany is originally from North Carolina and loves spicy foods. He enjoys playing soccer and music, and he hopes to one day attend medical school.



Charlotte joined the LiiRA team in August 2018 and is currently taking premedical classes through the Harvard Extension School. She attended Ohio State University and is from Cincinnati, Ohio. In her free-time she enjoys eating, traveling, and playing roller derby.

Meet the rest of the team here:

<http://www.liira.org/the-team.html>



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