



MALATTIE INFIAMMATORIE CRONICHE e SPORT



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QUALI MANIFESTAZIONI DELLE IBD POSSONO INFLUIRE SULLE PRESTAZIONI FISICHE?

- **SINTOMI INTESTINALI TIPICI**

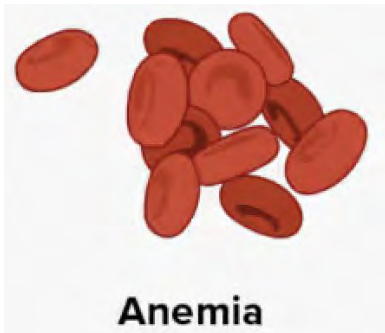


QUALI MANIFESTAZIONI DELLE IBD POSSONO INFLUIRE SULLE PRESTAZIONI FISICHE?

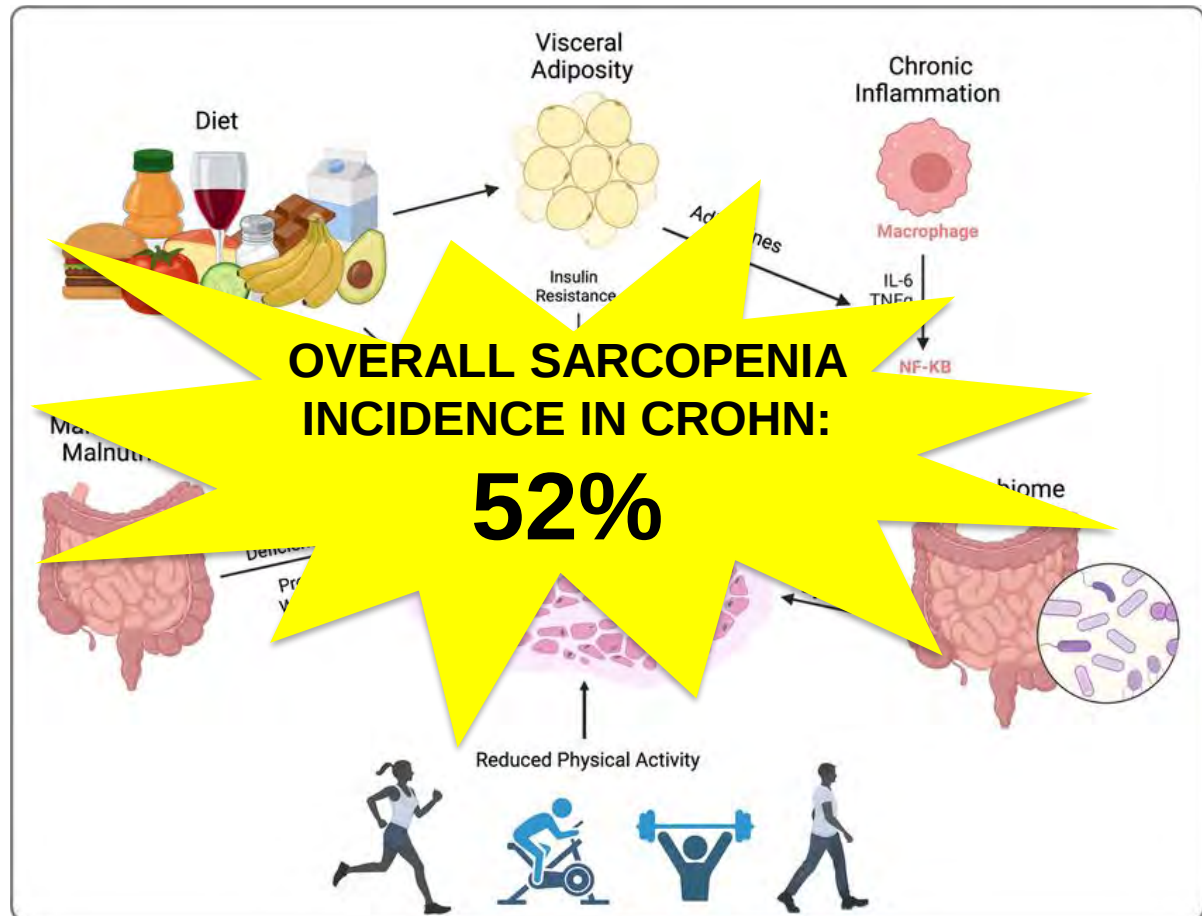
- **SARCOPENIA, ANEMIA e FATIGUE**



Fatigue

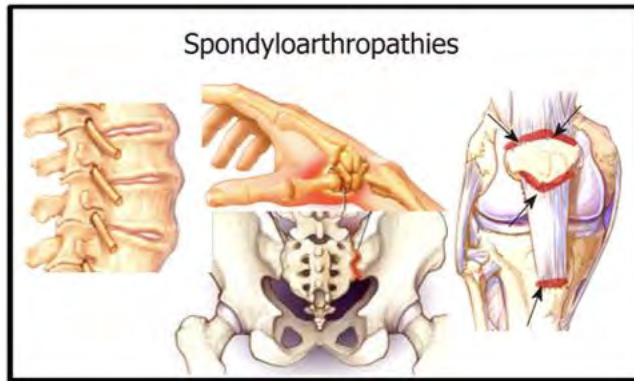


Anemia

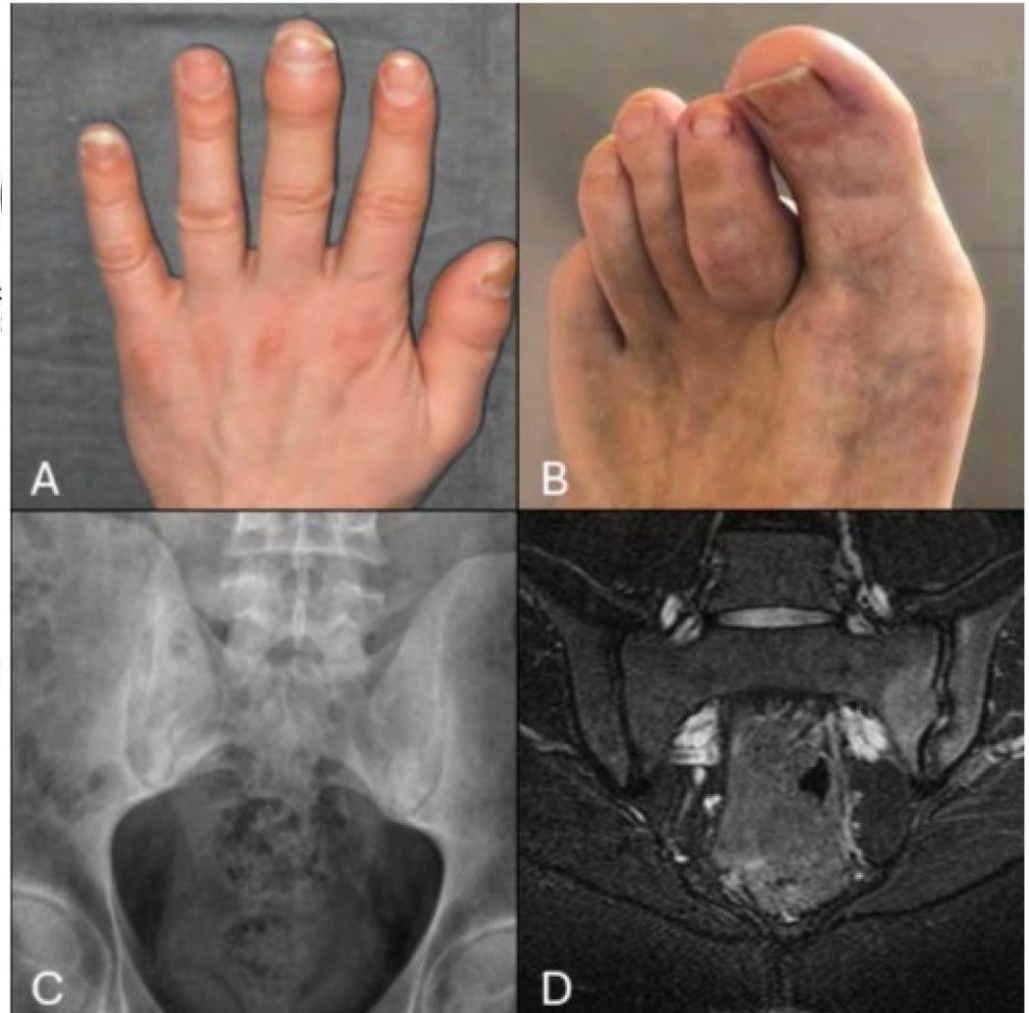


QUALI MANIFESTAZIONI DELLE IBD POSSONO INFLUIRE SULLE PRESTAZIONI FISICHE?

- **MANIFESTAZIONI EXTRAINTESTINALI**

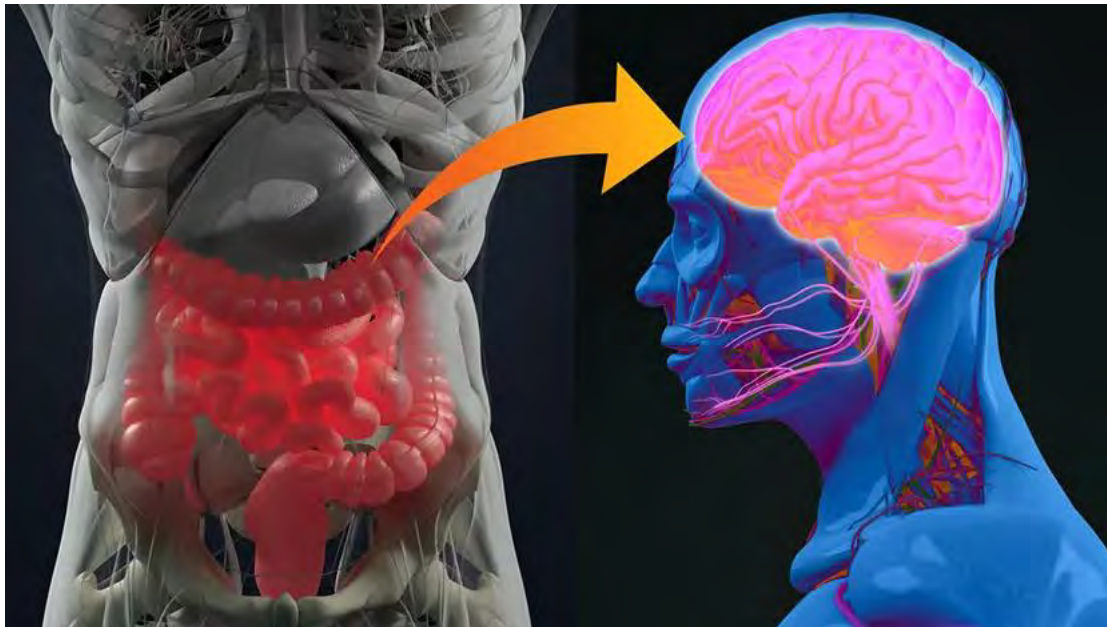


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QUALI MANIFESTAZIONI DELLE IBD POSSONO INFLUIRE SULLE PRESTAZIONI FISICHE?

- **ANSIA e DEPRESSIONE**



IBD: GLI EFFETTI SULLA PARTECIPAZIONE SPORTIVA

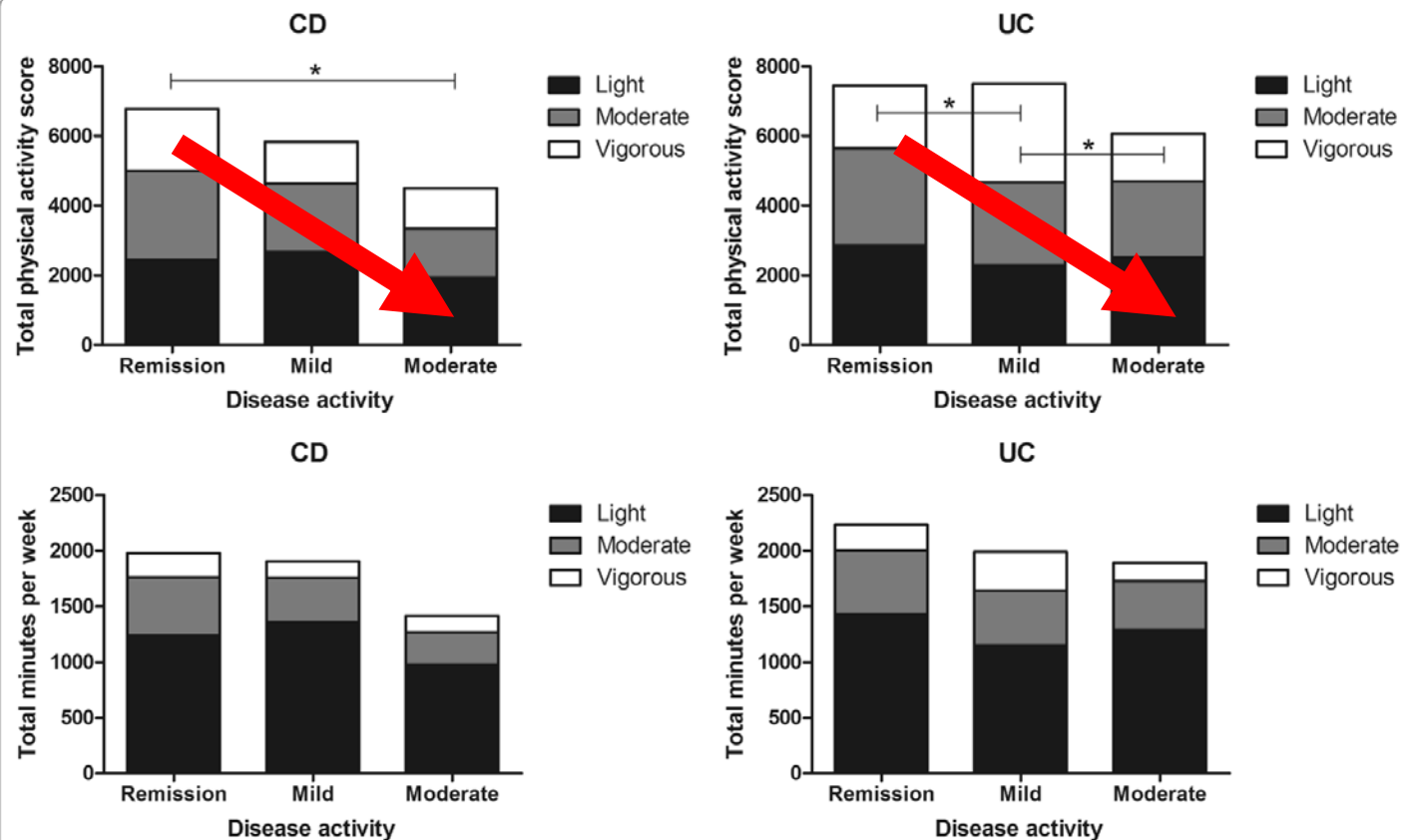


Fig. 2 Total physical activity score (top) and total minutes per week (bottom) of CD and UC participants stratified by disease activity, divided into light, moderate and vigorous physical activity. Total physical activity score was calculated by summing up the different activity scores which were calculated by the number of minutes per week of that activity times the corresponding metabolic equivalent of task (MET). * $p < 0.05$. CD Crohn's disease, UC ulcerative colitis

Patient experiences with the role of physical activity in inflammatory bowel disease: results from a survey and interviews

Carlijn R. Lamers^{1,2*}, Nicole M. de Roos², Lola J. M. Koppelman², Maria T. E. Hopman³ and Ben J. M. Witteman^{1,2}

BEST SPORTS IN IBD?

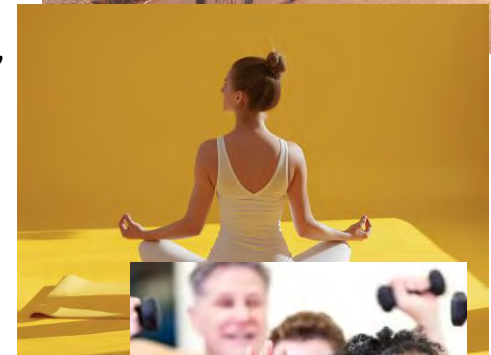
•**Swimming:** A full-body workout that is gentle on the joints and can help reduce inflammation and joint pain.

•**Walking:** A great way to get heart rate up without high impact. Patients can gradually increase the distance and intensity.

•**Cycling:** Can be done on a stationary bike or outdoors. It's a good way to build cardiovascular fitness.

•**Yoga and Pilates:** These activities combine stretching, strengthening, and breathing exercises that can help with joint mobility and pain management.

•**Light strength training:** Using weights or resistance bands can improve bone density, which is often a concern for those with IBD.



POTENZIALI BENEFICI DELL'ATTIVITÀ FISICA NEI PAZIENTI IBD

Stress

- Bidirectional relationship
- Perceived stress (>major life events) ↑ flare
- IBD ↑ perceived stress
- Stress management
∅ disease activity



Sleep

- Bidirectional relationship
- IBD ↑ sleep disturbance
- Sleep disturbance ↑ IBD flare
 - ↑ fatigue in IBD



Cannabis

- May ↓ symptoms, particularly pain
 - ∅ biologic remission
- May ↑ substance dependence, mood changes



Impact of Lifestyle Factors on Inflammatory Bowel Diseases

Physical Activity

- ↓ flare
- Improves surgical outcomes



Obesity

- ↑ flare
- ↑ failure of biologics
- ↑ surgical complications

Smoking

- ↑ complications in CD (flare, surgery)
 - May ↓ flare in UC
- Smoking cessation beneficial in CD



Alcohol

- Inconsistent effect on symptoms
- No effect on disease complications



SPORT CELEBRITIES CON IBD

Kathleen Baker, Olympic Swimmer



Big Swole, Wrestler



Former New England Patriots Offensive Lineman Matt Light



Buffalo Bills Offensive Tackle Seantrel Henderson



By Mike Purgatori (Larry Nance in for the slam)

L.A. Lakers forward Larry Nance Jr.

Olympic Kayaker Carrie Johnson



13/15

Larry Nance Jr.

David Garrard, NFL Quarterback



E I PAZIENTI IBD CON STOMIA?

Exercise with an Ostomy & IBD

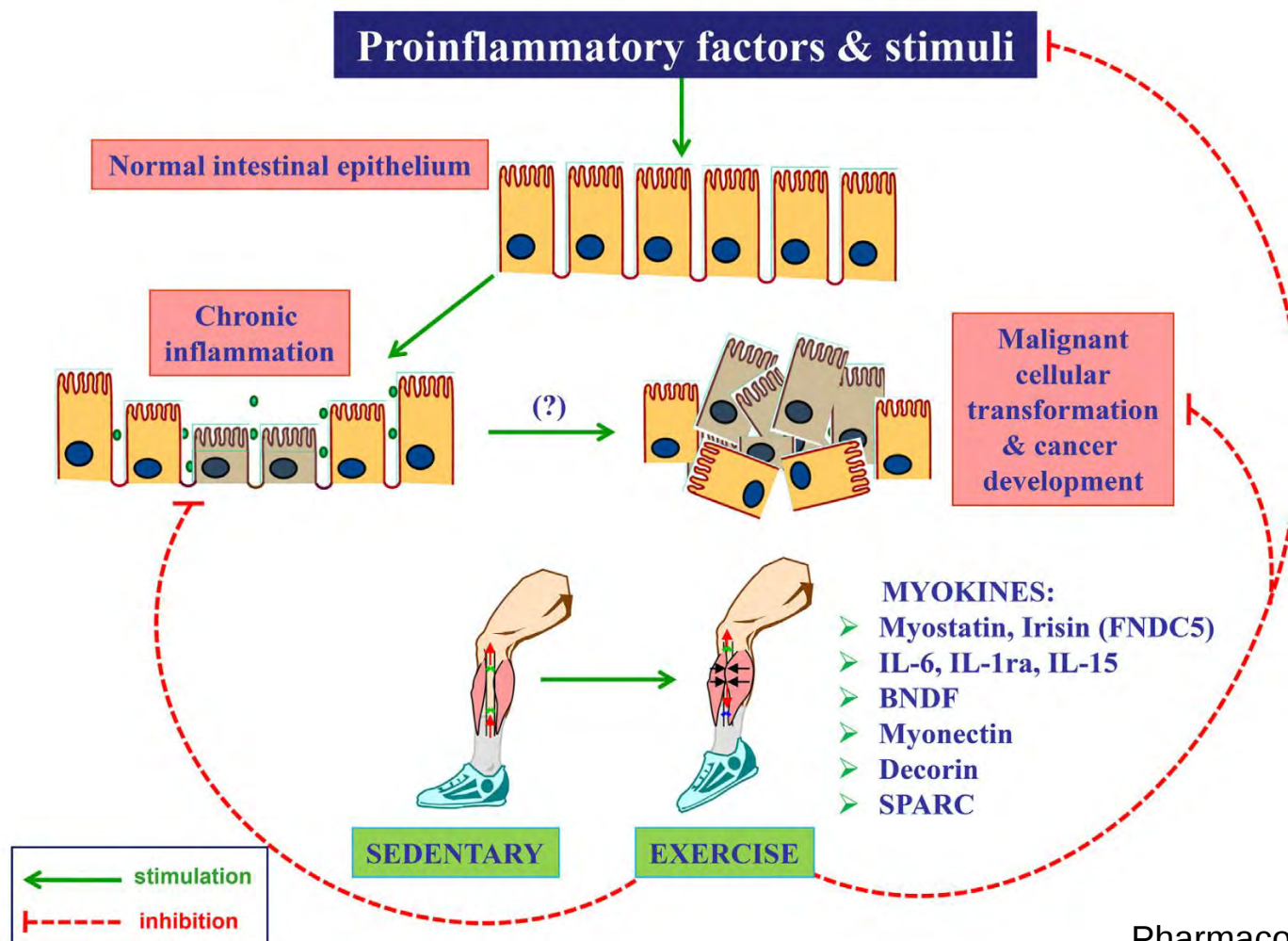
**Ostomy & IBD Life Show
with Elaine O'Rourke**



Can exercise affect the course of inflammatory bowel disease? Experimental and clinical evidence

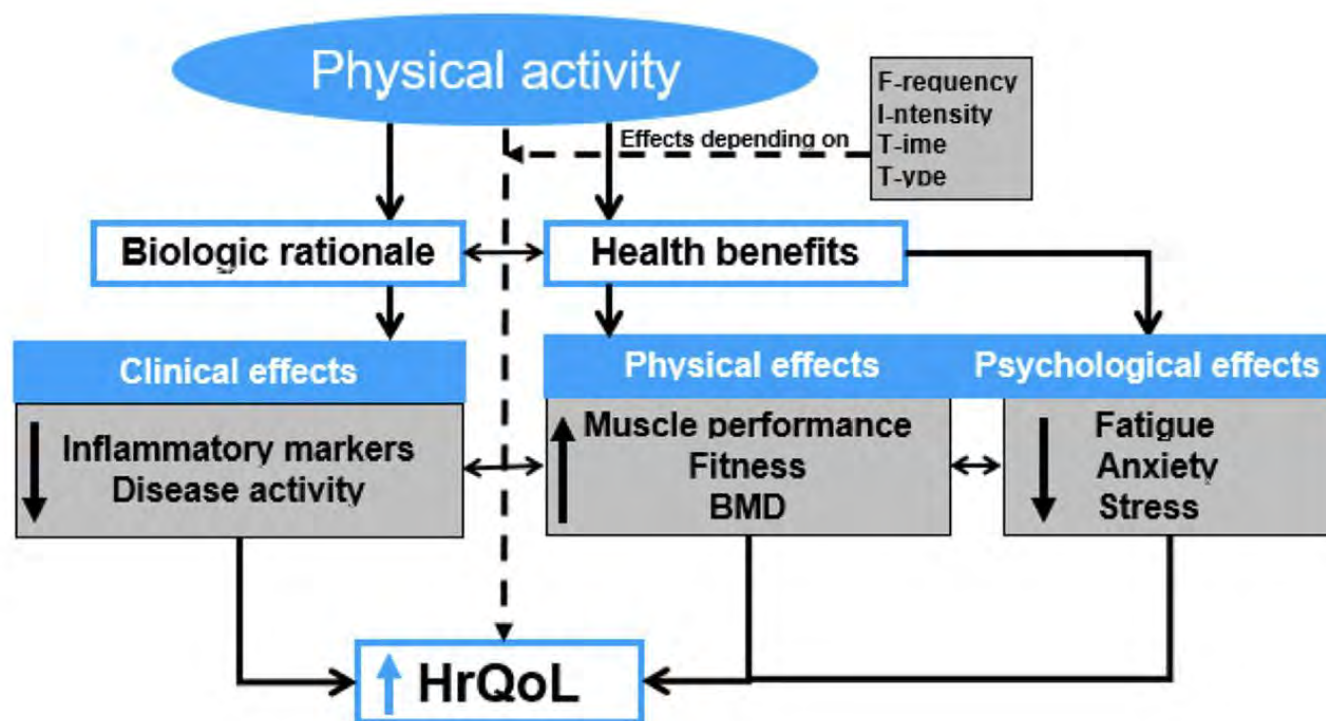


Jan Bilski ^a, Agnieszka Mazur-Bialy ^a, Bartosz Brzozowski ^b, Marcin Magierowski ^c,
Janina Zahradnik-Bilska ^b, Dagmara Wójcik ^c, Katarzyna Magierowska ^c,
Sławomir Kwiecień ^c, Tomasz Mach ^b, Tomasz Brzozowski ^{c,*}



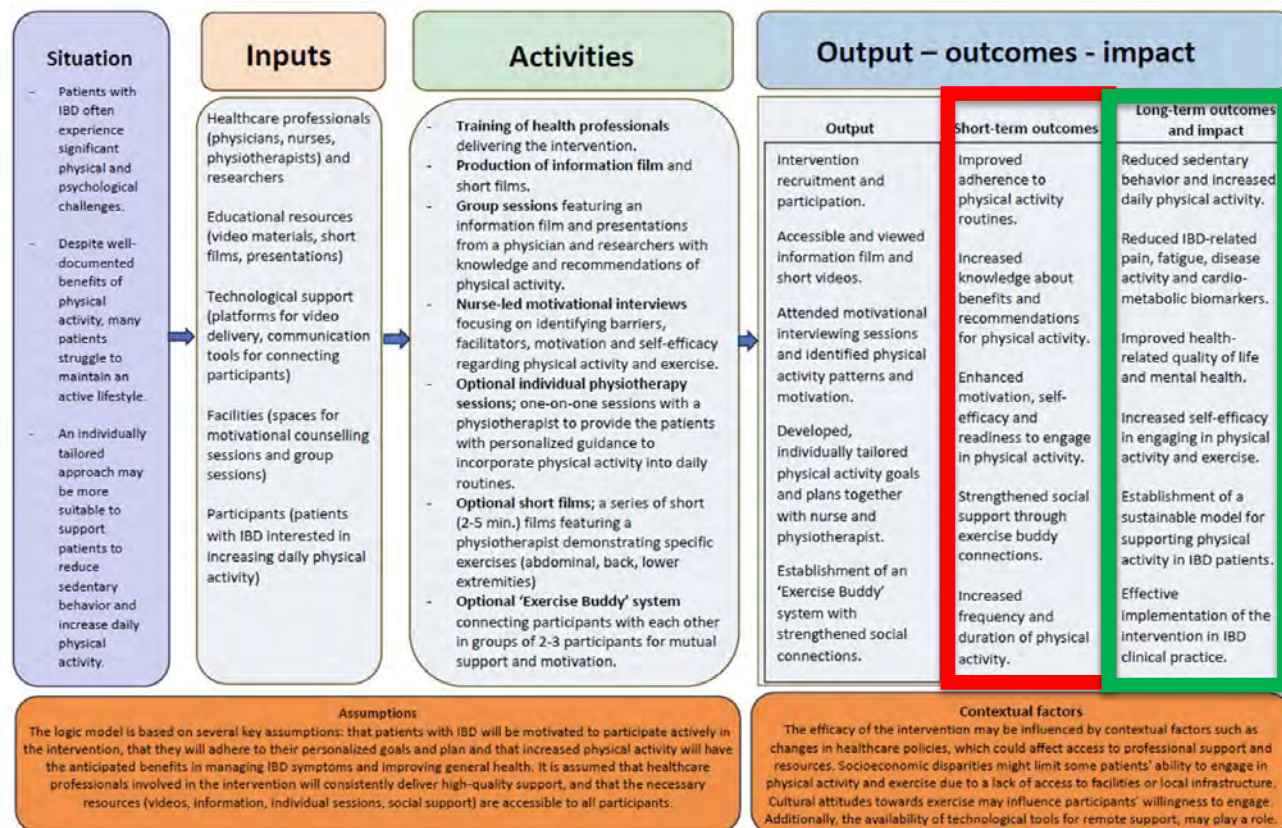
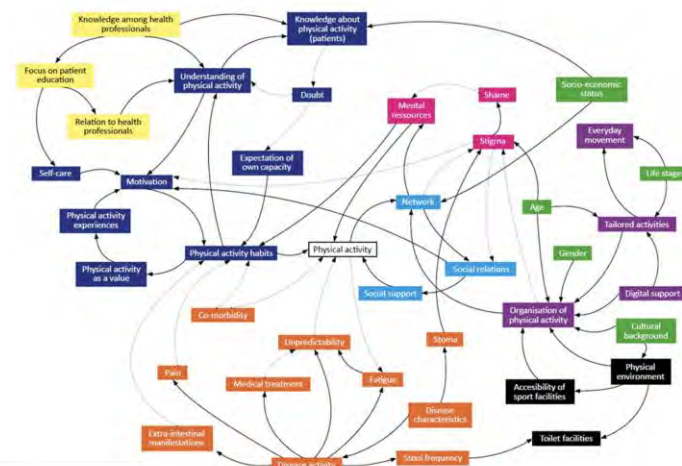
Structured physical activity interventions as a complementary therapy for patients with inflammatory bowel disease – a scoping review and practical implications

Katharina G. Eckert^{1*}, Isabelle Abbasi-Neureither², Maximilian Köppel³ and Gerhard Huber⁴



Study design of 'PASIBO' - co-creation and development of a physical activity intervention to patients with inflammatory bowel disease

Tanja Thomsen^{1,2,3*}, Marie Villumsen^{1,5}, Anja Poulsen^{3,4}, Anders B. G. Hansen¹, Bente A. Esbensen^{2,3}, Tine Jess^{5,6} and Mette Aadahl^{1,3}



TAKE HOME MESSAGES

- SPORT AND REGULAR PHYSICAL ACTIVITY REDUCE INFLAMMATION AND STRESS
- PHYSICAL ACTIVITY HELPS MANAGE ANXIETY AND DEPRESSION, COMMON IN IBD
- DURING ACTIVE DISEASE, FATIGUE AND ABDOMINAL PAIN MAY LIMIT EXERCISE
- SPORT IMPROVES FATIGUE AND QUALITY OF LIFE
- BEST SPORTS IN IBD COULD BE LOW IMPACT AEROBIC (WALKING, SWIMMING, CYCLING...) AND MIND-BODY ACTIVITY (YOGA, PILATES, TAI CHI...)





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