

IS IT TIME TO THINK NUTRITION FIRST FOR THE MANAGEMENT OF COMMON DIGESTIVE ISSUES (FGIDs)?

In the first year of life, infants are prone to gastrointestinal symptoms. Although considered benign conditions that do not always have an obvious cause and usually resolve in the first year after birth, they can nevertheless be extremely distressing for both the infant and the concerned parents¹.

The parents of children with FGIDs are understandably keen to find a quick and easy solution that leads to rapid symptom relief².

In today's world, with escalating healthcare costs and unprecedented pressure on healthcare systems, providing parents with reassurance and nutritional advice is recommended to optimise the management of FGIDs and related symptoms and reduce the unnecessary use of medication¹⁻³.

FGIDs are common, more than 50% of infants have at least one FGID or related sign and symptom during the first year after birth¹.

UNDERSTANDING THE DOUBLE IMPACT OF FGIDs

Given their prevalence, it is understandable that FGIDs have a significant impact on:



Healthcare costs

Some infants are being medicated unnecessarily or undergo unnecessary investigations and medical treatments without delivering significant improvements in their conditions¹².



Family quality of life

The FGID symptoms are often extremely distressing for the infant and parents. The symptoms can lead to a cascade of infant discomfort and crying, parental anxiety and potentially affect the relationship between parents and their child and the quality of life of infant and family^{2,4,5}.

You can address the challenges and impact of FGIDs on infants and families with PARENTAL REASSURANCE & NUTRITIONAL MEASURES^{1,2}

PARENTAL REASSURANCE AND NUTRITIONAL ADVICE IS RECOMMENDED TO OPTIMISE THE MANAGEMENT OF FGIDs^{2,3}

FGIDs often lead to a vicious cascade of distressed infants, concerned parents and increased medical consultations².

Healthcare professionals are being placed under pressure to act and to investigate or prescribe pharmacological products. This often results in infants undergoing unnecessary investigations and use of medication, whether prescribed or over the counter, which do not offer any significant improvements and may cause adverse effects as well as escalating health costs. Pharmacological therapy is seldom required for other FGIDs than constipation².

This could help achieve a 'virtuous circle' of symptom-free and happy infants, settled and confident parents and, last but not least, more relaxed consultation frequency and less healthcare system costs².

To optimise the management of functional gastrointestinal disorders in infants, guidelines recommend parental reassurance and nutritional advice¹.

NUTRITIONAL MANAGEMENT

Clinically proven nutritional solutions

Breast milk has been shown to directly impact a child's developing digestive system and is considered the most suitable nutrition for infants. Breastfeeding should be recommended and supported, even when infants display persistent and severe FGIDs.

In formula-fed infants with persisting symptoms, specialty infant formulas with proven efficacy of dietary management may be considered if parental reassurance and nutritional advice, based on the proper volume and frequency of milk intake, fail².

Clinically proven to reduce the number of crying episodes in formula-fed infants with colic⁶

In a trial of infants diagnosed with infantile colic, those receiving a partially hydrolysed formula with reduced lactose, Beta-palmitate and scGOS/ lcFOS, demonstrated a 71% reduction in colic after two weeks compared to 38% in infants given standard formula with added simethicone⁶.

71%
Reduction¹⁶

Colic episodes
After 14 days

38%
Reduction¹⁶

Colic episodes
After 14 days

IN SUMMARY

FGIDs and related symptoms are frequently impacting families and their quality of life, healthcare costs and the infants' health²⁻⁴.

Pharmacological therapies are often unnecessary and may not deliver significant improvements in FGID conditions².

By offering appropriate advice and reassurance to parents, accompanied by proper nutritional guidance, healthcare professionals can help to reduce infants' distress, parental anxiety and improve the quality of life for the family while protecting healthcare budgets¹⁻⁴.