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Review

Impact of Nutritional Diet Therapy on Rheumatoid Arthritis Disease Activity

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Abstract

Rheumatoid arthritis (RA) is a chronic autoimmune disease characterized by synovial joint inflammation and different system involvement that results in considerable physical and psychological symptoms. This narrative review investigates the impacts of nutritional diet therapy on RA symptoms, highlighting recent scientific findings in terms of how different dietary components may modulate inflammation and disease activity. Treatment of RA includes conventional and biological disease-modifying antirheumatic drugs (DMARDs) and symptomatic response modifiers, like corticosteroids and non-steroidal antirheumatic drugs (NSAIDS). However, nutritional interventions are becoming more and more popular due to their ability to alter inflammation. The review also focuses on macronutrients such as proteins and fats, stressing the usefulness of omega-3 fat acids/monounsaturated fat acids but warning against high intake of processed carbohydrates/sugars. Besides that, it explores the effects of micronutrients and bioactive compounds like polyphenols which may minimize RA symptoms and result in better disease control together with vitamin D or probiotics. This study highlights that incorporating anti-inflammatory foods can benefit the health and well-being of RA patients. Dietary modification may serve as a supportive approach alongside conventional treatments, helping patients improve both physical and mental aspects of their condition and achieve a better quality of life.

Keywords: rheumatoid arthritis; diet; inflammation; activity; omega-3 fatty acids; probiotics; dietary fibers

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