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Sunday, August 14, 2016

(Plenary)

7:15 - 8:15 Breakfast Session: Oxford Women's Health

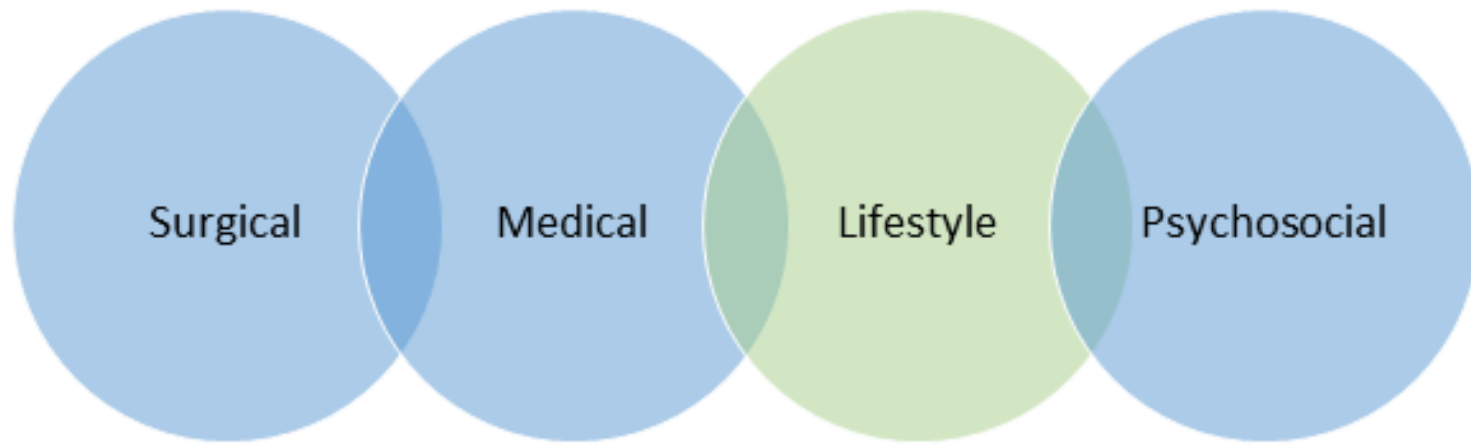
MDT Management of Pelvic Pain

A Dietitians Perspective

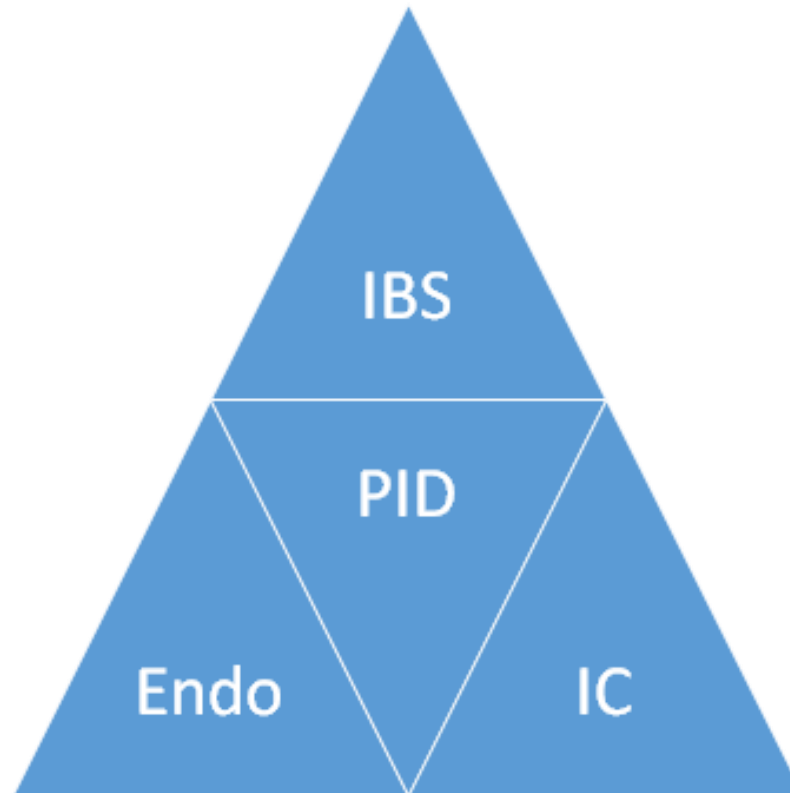


Sara
Widdowson
NZRD





Causes of Pelvic Pain



The Role of Diet

- Dietary management of pelvic pain focuses on reducing inflammation, discomfort & gut distention.
- Inflammation may be exacerbated by dietary triggers.
- Gut distention may be exacerbated by dietary triggers & eating behaviors.
- Some foods reduce inflammation.



Dietary Triggers of Inflammation/ Gut Distention

- Caffeine
- Artificial sweeteners
- Carbonated beverages
- Trans fat and processed foods
- Alcohol
- FODMAP containing foods
- Wheat
- Refined carbohydrates



Diet Behaviors and Gut Distention

- Speed of eating
- Eating environment
- Infrequent meals/skipping meals
- Portion size



Reduction of Inflammation via Diet

- Omega-3 fatty acid's
- Low Glycemic index foods
- Low carbohydrate intake
- Colorful vegetables
- Mono-unsaturated & poly-unsaturated fats



MDT Management Essential

