



**Dr Hannah
Blakely**

Clinical Psychologist
Oxford Women's Health



Ms Julee Binns

Consultant Physiotherapist
Oxford Women's Health,
Christchurch



Sara Widdowson

NZ Registered Dietitian
Christchurch Public Hospital



Dr Ben Sharp

Gynaecologist and Obstetrician
Christchurch Women's Hospital,
Christchurch

Sunday, August 14, 2016

(Plenary)

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

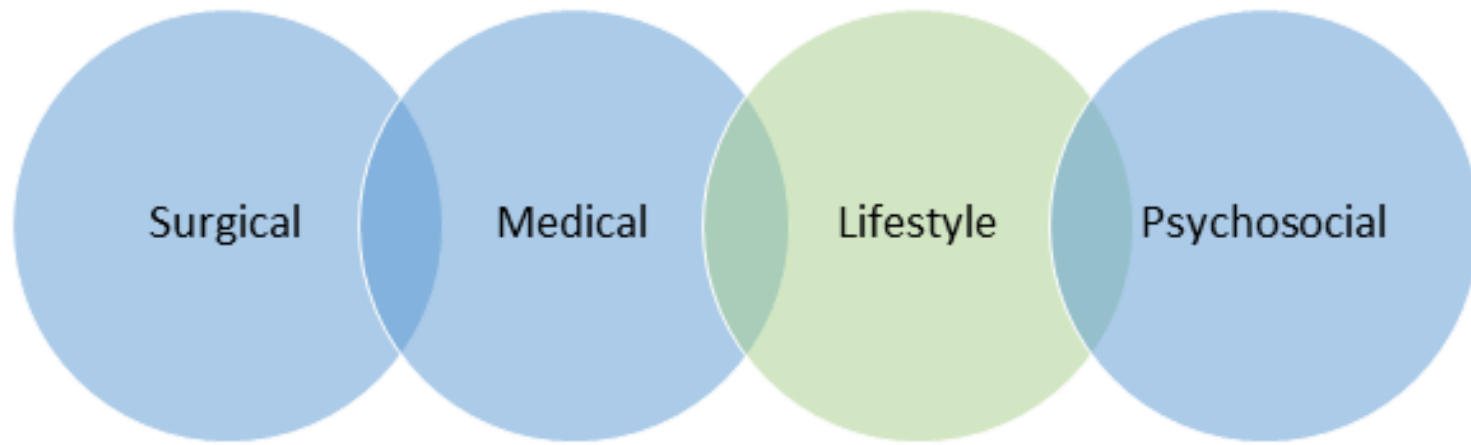
MDT Management of Pelvic Pain

A Dietitians Perspective

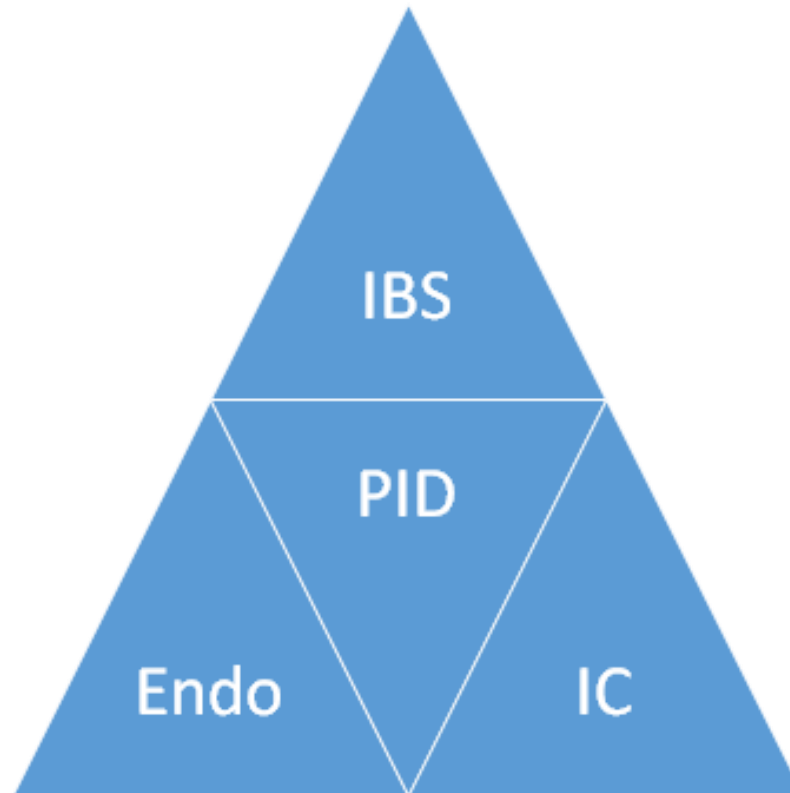


Sara
Widdowson
NZRD





Causes of Pelvic Pain



The Role of Diet

- Dietary management of pelvic pain focuses on reducing inflammation.
- Inflammation may be exacerbated by dietary triggers or by eating behaviors.
- Some foods reduce inflammation.



Dietary Triggers of Inflammation

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



Diet Behaviors and Inflammation

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



Reduction of Inflammation via Diet

- Omega-3 fatty acid
- Low GI or low total carbohydrate intake
- Colorful vegetables
- Mono-unsaturated & poly-unsaturated fats



MDT Management Essential

