

# Individual dietary intervention in adult patients with **mitochondrial disease** due to the m.3243A>G mutation: the **DINAMITE** study

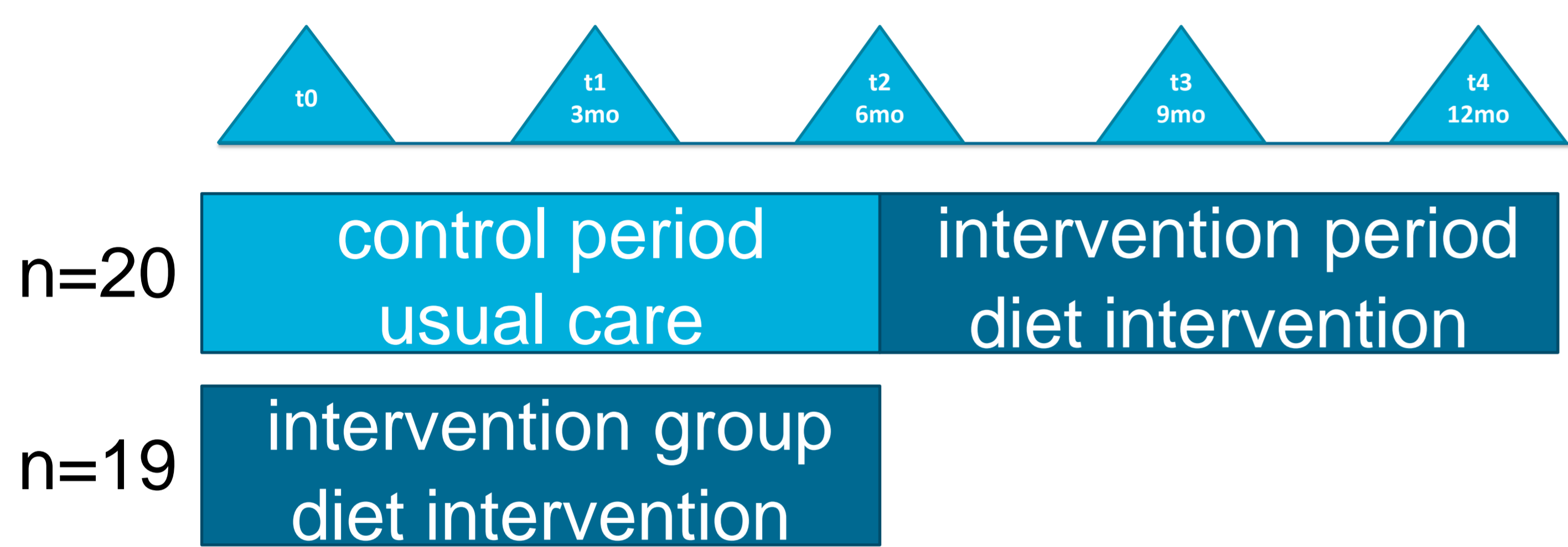
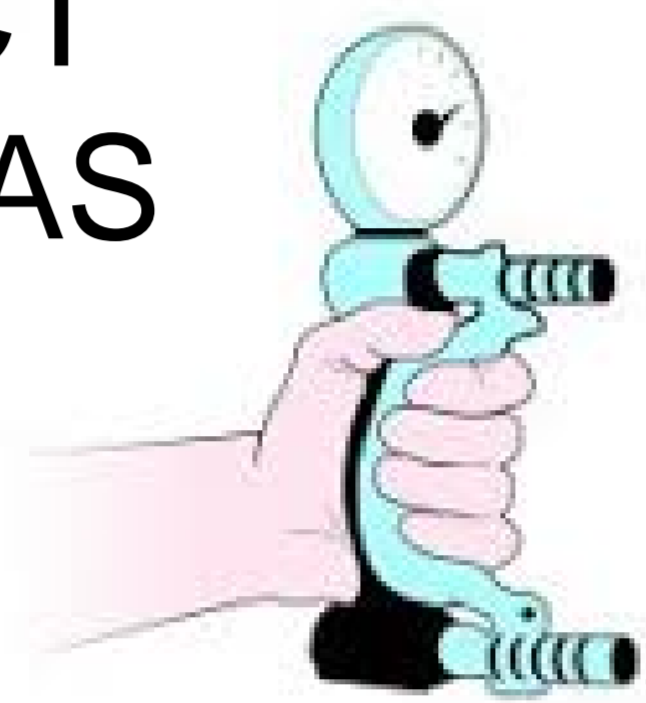
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## Objective

To evaluate the effect of an **individually tailored dietary intervention** on nutritional intake, body composition (BC), functioning, and quality of life (QoL) in adult patients with mitochondrial disease (MD) due to the m.3243A>G mutation.

## Methods

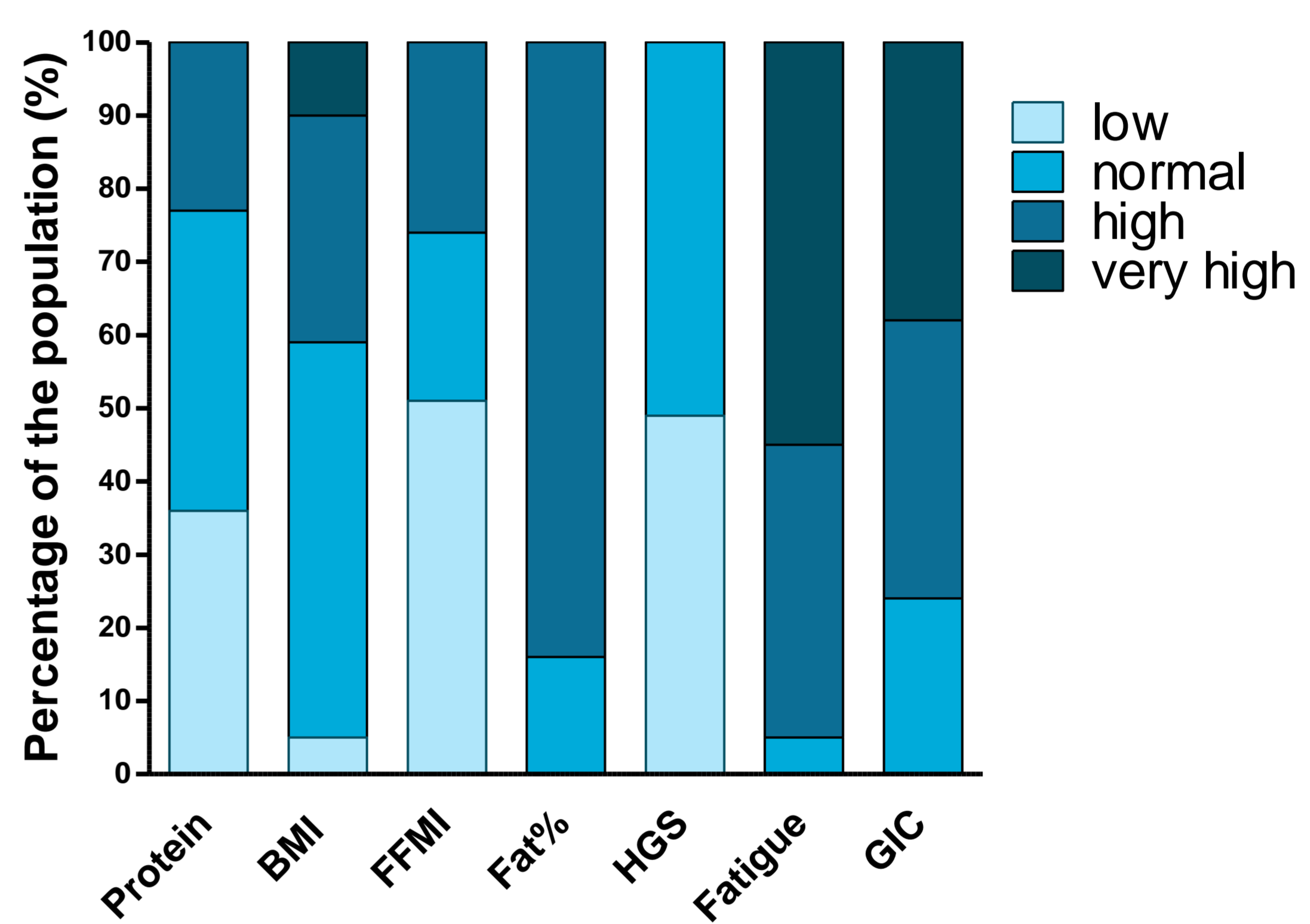
Explorative single centre RCT  
Randomized based on NMDAS  
Nutritional Assessment  
Quality of life: SF 36  
Linear mixed models



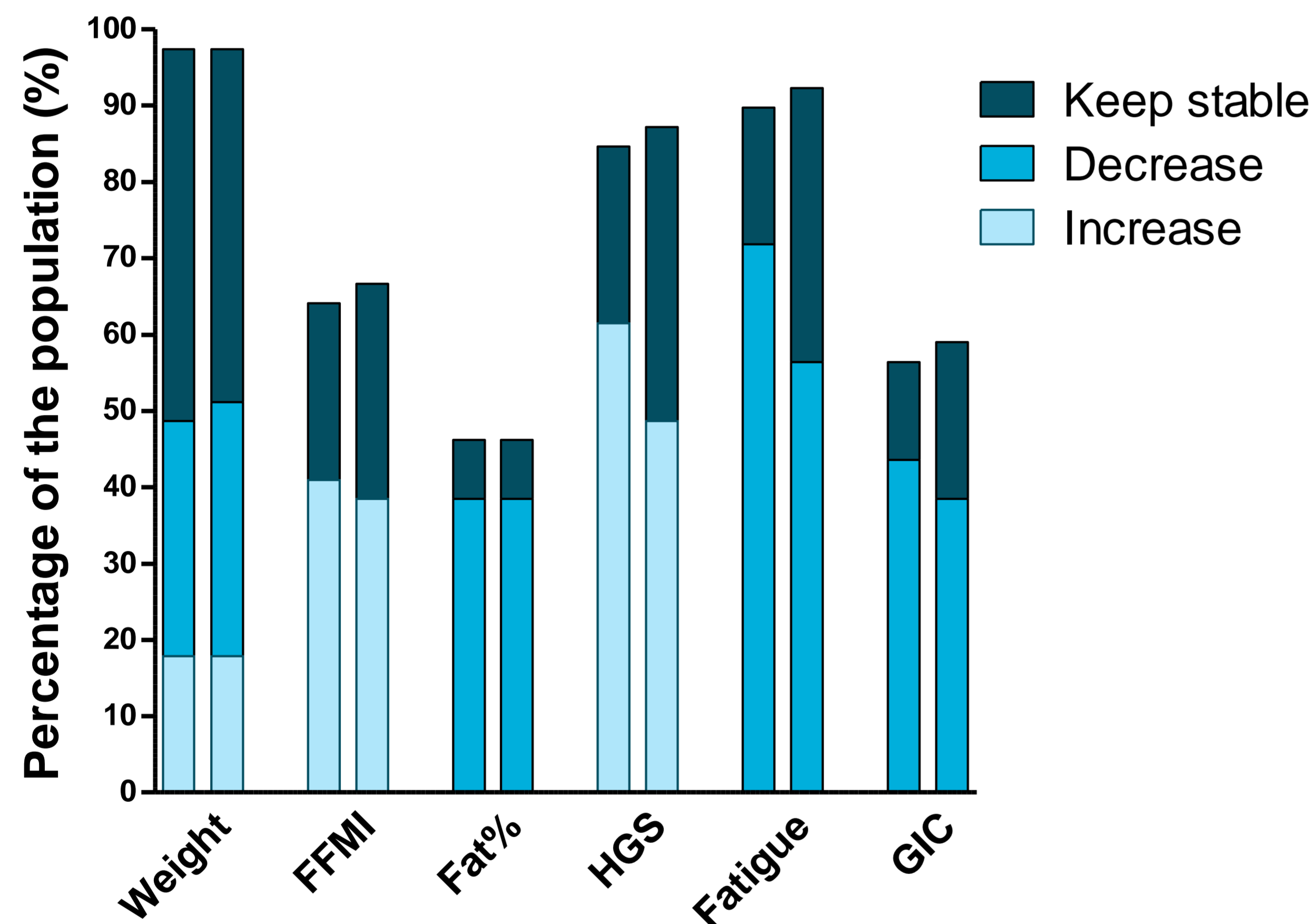
## Results

Patient characteristics	n=39
Age (years) (mean ±SD)	47 ±13
Female n(%)	32 (82)

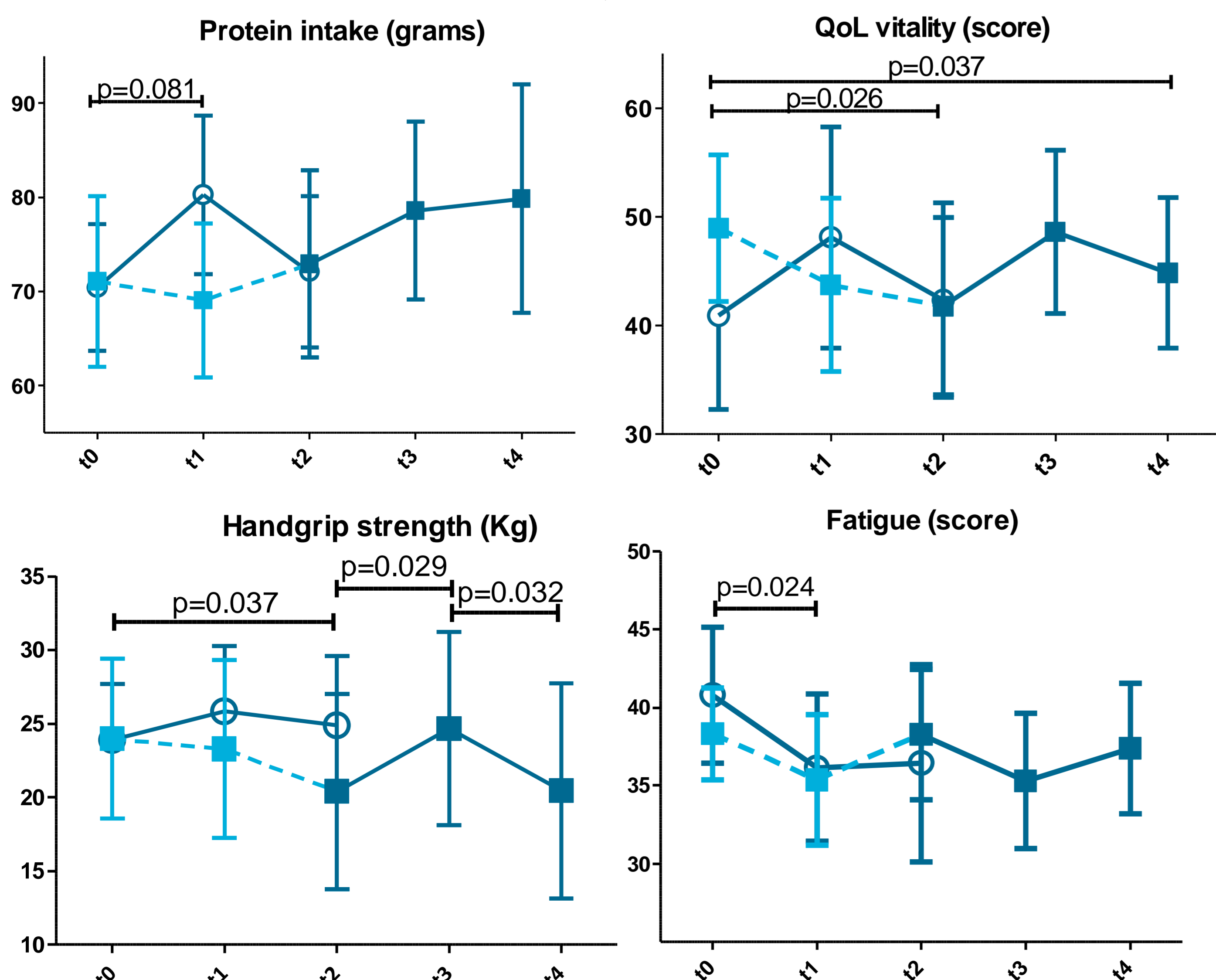
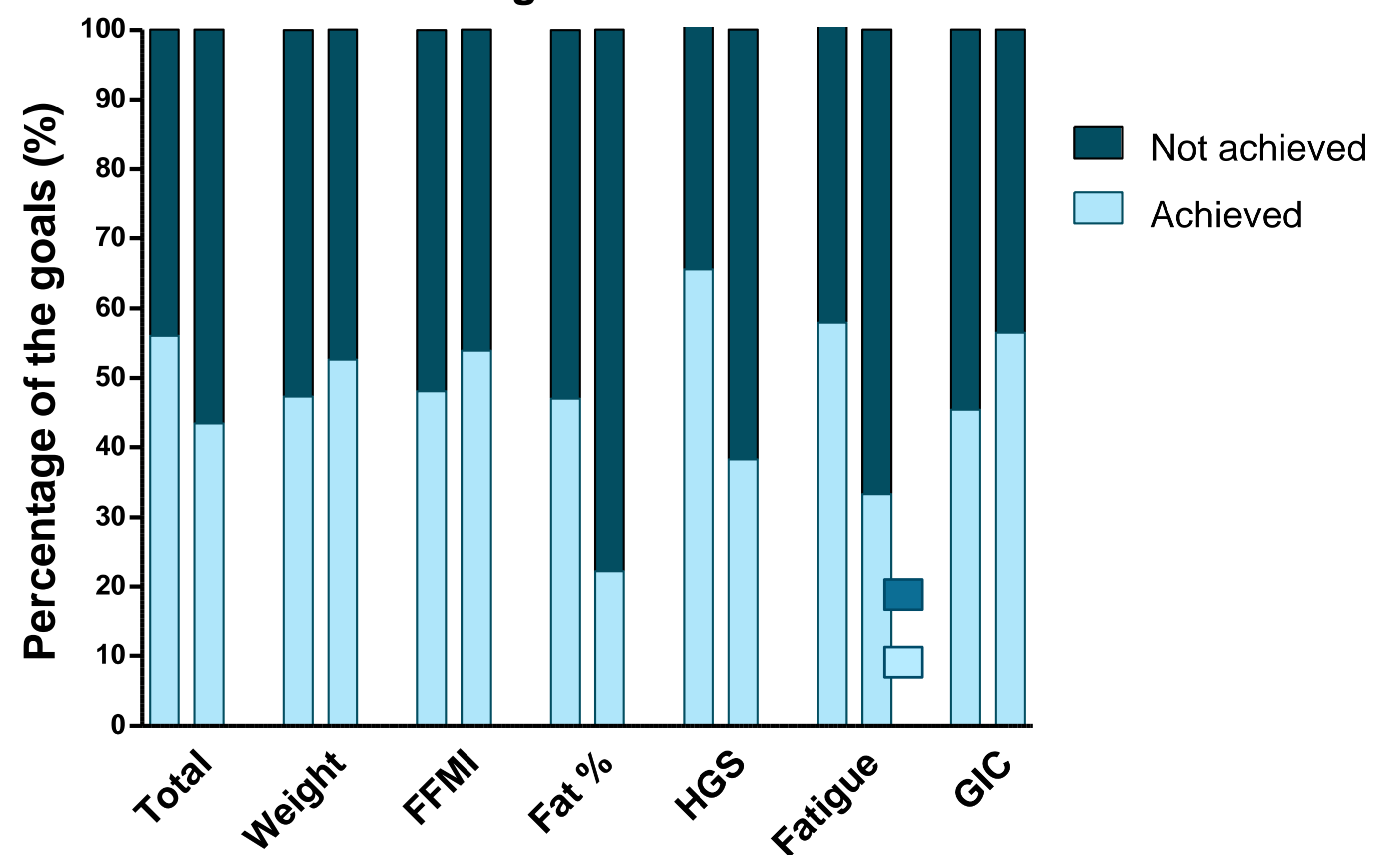
Patients characteristics compared to references.



Goals at start and after 3 months



Achievement of the goals after 3 and 6 months



BMI: Body Mass index (kg/m<sup>2</sup>)  
FFMI: Fat Free Mass index (kg/m<sup>2</sup>)  
HGS: Hand grip Strength (kg)  
GIC: Gastro Intestinal Complaints

## Conclusion

An individually tailored dietary intervention seems to achieve personalized goals of patients with MD, especially with regard to BC, HGS, and gastro-intestinal complaints. After 3 months 56% of the individually set dietary goals were achieved and functioning improved (HGS, fatigue and QoL).