

Sickle Cell, Pain and Mediterranean Diet

NCT06886477

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Illinois at Chicago
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- Sickle Cell Disease Diagnosis
- Chronic non-vaso-occlusive pain experienced on average e 3 days per week for \> 6 months (based on a response of "Most days," "Every day," or "Some days" and not "Never" to the question "In the past 6 months, how often have you had pain?")
- Ability to speak, read, write, and understand English
- A Mediterranean Eating Pattern for Americans (MEPA-III) score \<13, indicating that they do not follow a Mediterranean diet.

Exclusion (9)

- Having taken systemic antimicrobials (to treat an infection in the previous 4 weeks)
- History of colon cancer or inflammatory bowel disease (given potential untoward effects on the gut microbiome)
- History of Clostridium difficile infection in the preceding 12 weeks; (4) unable to agree to maintain physical activity at the current level for the duration of the study
- Currently following a Mediterranean diet, vegan diet, or dietary restrictions (e.g., religious, food intolerance/allergy) that preclude adoption of a Mediterranean diet
- Lack of access to a space to safely store and reheat food items
- ... and 4 more (see full listing online)

Locations (1 total)

University of Illinois Chicago, Chicago, Illinois, United States