

# Systemic Sclerosis Diet for Gastrointestinal Symptoms

NCT07402226

---

<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Michigan
<b>Enrollment</b>	60 participants

## Key Eligibility Criteria

---

### Inclusion (4)

- Diagnosis of systemic sclerosis (SSc) as per ACR/EULAR classification criteria
- Self-reported moderate to severe gastrointestinal bloating or distension, with a UCLA SCTC-GIT 2.0 bloating Scale score e2.00 on (0.00-3.00 scale) at screening.
- Willingness and ability to comply with dietary intervention and study procedures.
- Ability to provide informed consent.

### Exclusion (11)

- Diagnosis of inflammatory bowel disease (Crohn's disease or ulcerative colitis) or celiac disease.
- Use of systemic antibiotics within 4 weeks prior to baseline.
- History of gastrointestinal surgery (other than cholecystectomy or appendectomy unless in the last 3 months).
- Severe cognitive impairment or psychiatric illness that would limit ability to follow dietary instructions.
- Known allergy or intolerance to major components of any of the study diets (e.g., lactose, gluten) unless manageable within diet framework.

... and 6 more (see full listing online)

## Locations (1 total)

---

University of Michigan, Ann Arbor, Michigan, United States