

ÎNTREBARE : Considerați că există o conexiune între alimentație și depresie?

Răspunsuri:

a)Da

b)Nu

c)Nu stiu

# PUTEM COMBATE DEPRESIA PRIN ALIMENTAȚIE?



ALINA TĂNĂSACHE  
NUTRIȚIONIST-DIETETICIAN



**Intestinul, al doilea creier?!**



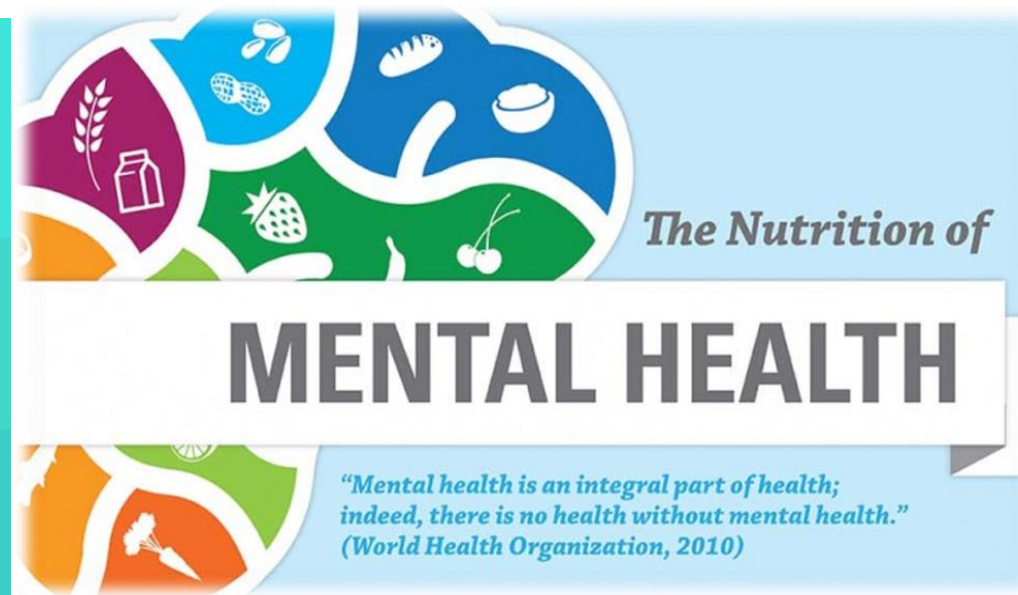
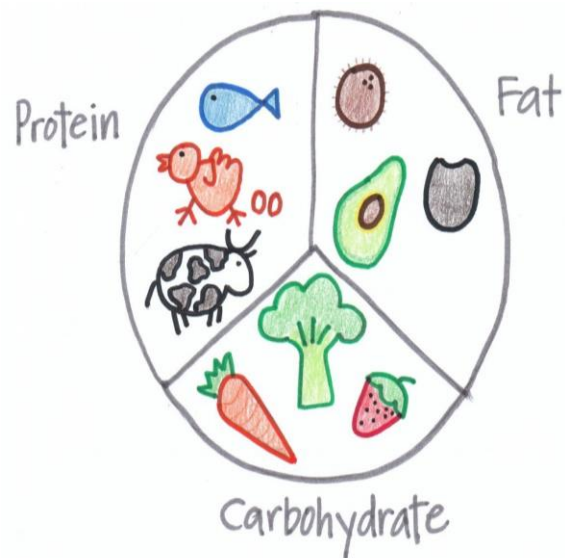
**Conceptul de psihiatrie nutrițională**



**Paternuri alimentare. Alimente pro și anti inflamatoare**



**Sfaturi și recomandări dietetice în depresie.**



**CE, CU CINE, CUM,  
CÂT, UNDE**

**?**

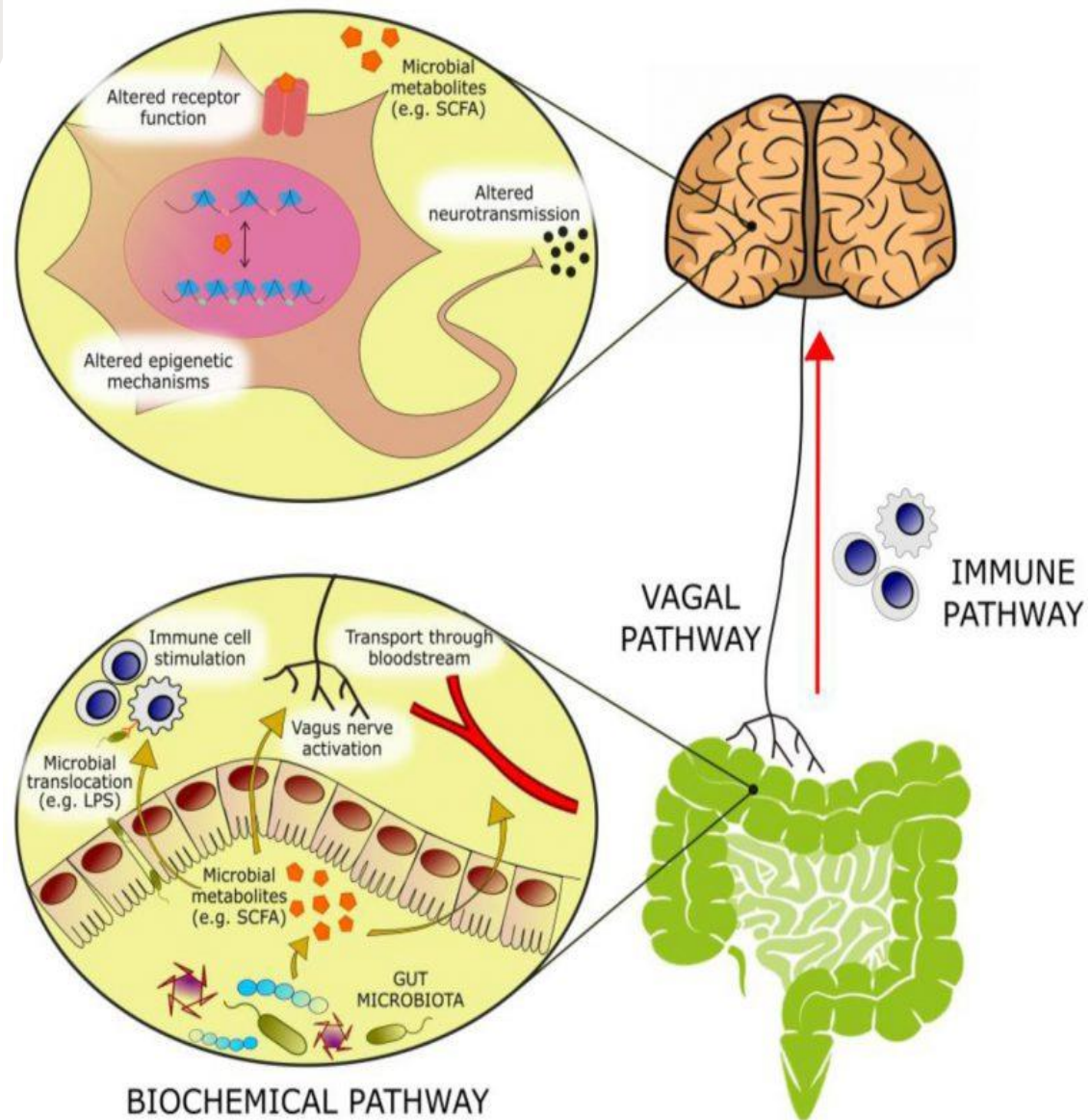
- **Diminuarea/creșterea apetitului, săritul meselor , o dorință crescută pentru alimente dulci**

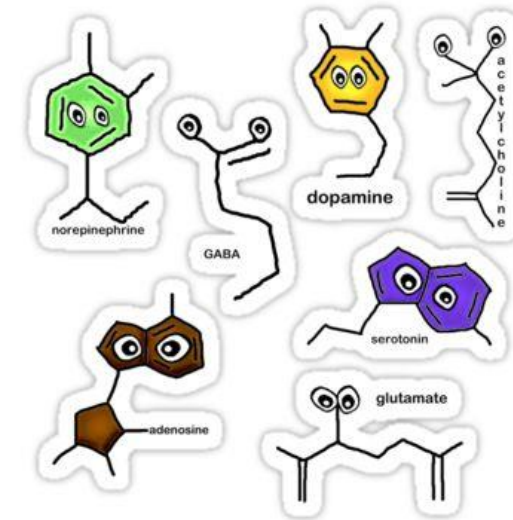
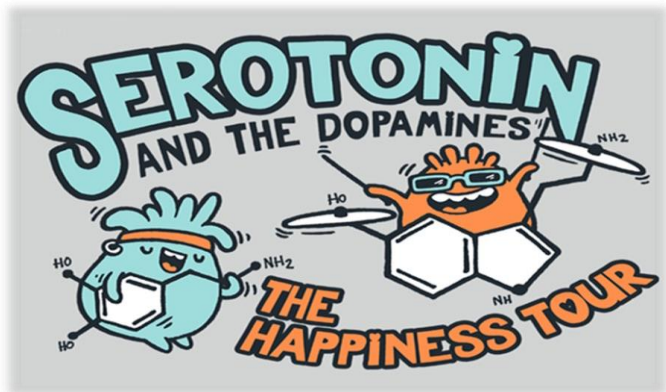
# INTESTINUL ESTE AL DOILEA CREIER?!

Creștere ponderală  
Absorbția nutrienților  
Peristaltismul intestinal  
Microbiota intestinală



Neurotransmițători  
Stress/Anxietate  
Stare de spirit  
Comportament





ALIMENTE

PROTEINE

LIPIDE

CARBOHIDRAȚI

MICRONUTIENȚI

AMINOACIZI

ACIZI GRAȘI

ZAHARURI SIMPLE,  
COMPLEXE

VITAMINE , MINERALE

**ALIMENTE  
BOGATE ÎN  
TRIPTOFAN**

**nuci, semințe,  
brânzeturi, ou,  
carne de curcan, pui  
ovăz, fasole, linte**

L-Triptofan



5-HTP



Serotonina

Magneziu, zinc & vitamina B6



Stare de spirit



Melatonina



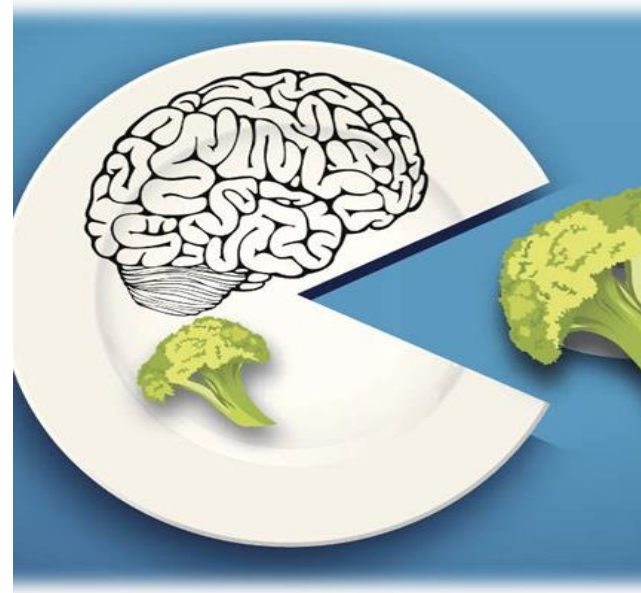
Somn



# CONCEPTUL DE PSIHIATRIE NUTRIȚIONALĂ

- „...dieta este la fel de importantă pentru psihiatrie ca și pentru cardiologie, endocrinologie și gastroenterologie.” — The Lancet Psychiatry, 2015

Nutritional medicine as mainstream in psychiatry  
[https://doi.org/10.1016/S2215-0366\(14\)00051-0](https://doi.org/10.1016/S2215-0366(14)00051-0)



Jacka et al. *BMC Medicine* (2017) 15:23  
DOI 10.1186/s12916-017-0791-y

BMC Medicine

RESEARCH ARTICLE

Open Access



## A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial)

Felice N. Jacka<sup>1,4,9,10,13\*</sup>, Adrienne O'Neil<sup>1,2,13</sup>, Rachele Opie<sup>5,13</sup>, Catherine Itsiopoulos<sup>5</sup>, Sue Cotton<sup>3</sup>, Mohammedreza Mohebbi<sup>1</sup>, David Castle<sup>4,11</sup>, Sarah Dash<sup>1,13</sup>, Cathrine Mihalopoulos<sup>7</sup>, Mary Lou Chatterton<sup>7</sup>, Laima Brazionis<sup>5,6</sup>, Olivia M. Dean<sup>1,4,12,13</sup>, Allison M. Hodge<sup>8</sup> and Michael Berk<sup>1,3,12,13</sup>

### Abstract

**Background:** The possible therapeutic impact of dietary changes on existing mental illness is largely unknown.

- „ SMILES TRIAL ” (2017), studiu randomizat 12 săptămâni, 67 persoane cu depresie moderată /severă
- Concluzie: 32% dintre cei care au primit sprijin alimentar au obținut remisiune, comparativ cu doar 8% dintre cei din grupul de sprijin social.

# CONCEPTUL DE PSIHIATRIE NUTRIȚIONALĂ

- Alimentele și obiceiurile alimentare influențează în mod direct funcția creierului și starea de spirit
- Depresia poate avea un impact semnificativ asupra apetitului și obiceiurilor noastre alimentare
- Variabilitatea comportamentului uman
- Medicamentele antidepresive standard ( ex. ISRS, IMAO ) și raportul dintre beneficiu și efectele secundare , respectiv interacțiunea cu alimentele





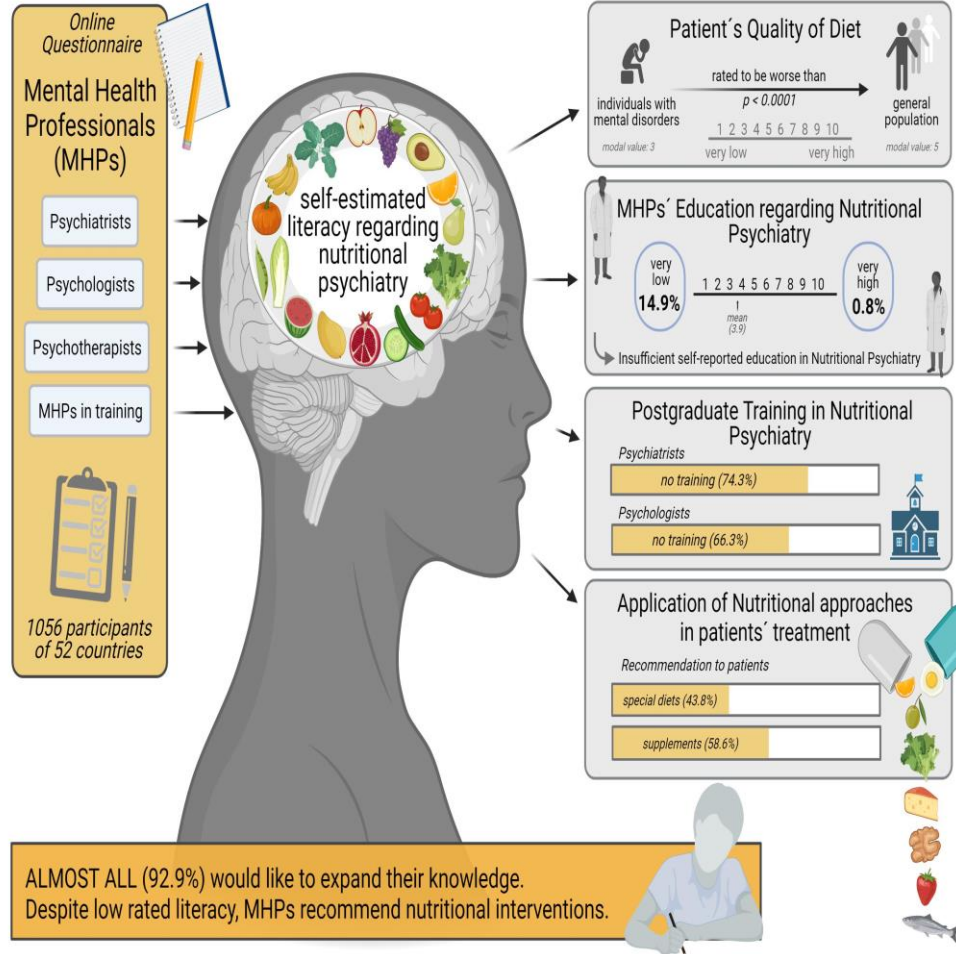
Article

## 'An Apple a Day'?: Psychiatrists, Psychologists and Psychotherapists Report Poor Literacy for Nutritional Medicine: International Survey Spanning 52 Countries

Sabrina Mörkl <sup>1</sup>, Linda Stell <sup>1</sup>, Diana V. Buhai <sup>2</sup>, Melanie Schweinzer <sup>3</sup>, Jolana Wagner-Skacel <sup>3</sup>, Christian Vajda <sup>3</sup>, Sonja Lackner <sup>4</sup>, Susanne A. Bengesser <sup>1,\*</sup>, Theresa Lahousen <sup>1</sup>, Annamaria Painold <sup>1</sup>, Andreas Oberascher <sup>5</sup>, Josef M. Tatschl <sup>6</sup>, Matthäus Fellinger <sup>7</sup>, Annabel Müller-Stierlin <sup>8</sup>, Ana C. Serban <sup>9</sup>, Joseph Ben-Sheetrit <sup>10</sup>, Ana-Marija Vejnovic <sup>11,12</sup>, Mary I. Butler <sup>13</sup>, Vicent Balanzá-Martínez <sup>14</sup>, Nikola Zaja <sup>15</sup>, Polona Rus-Prelog <sup>16</sup>, Robertas Strumila <sup>17,18</sup>, Scott B. Teasdale <sup>19</sup>, Eva Z. Reininghaus <sup>1</sup> and Sandra J. Holasek <sup>4</sup>

### CONCLUZII


- sfaturi de bază adecvate , potențialul de a îmbunătăți rezultatele legate de tulburarea mintală și comorbidități metabolice eventual existente (specialiști în nutriție:medici competență nutriție, nutriționiști, dieteticieni)
- principiul etic „în primul rând, nu face rău” ar trebui urmată de evitarea recomandării de suplimente sau diete fara dovezi stiintifice suficiente și o examinare fizică anterioară și teste de laborator (inclusiv screening pentru deficiențe și carențe nutriționale )
- următoarea generație de MHP : cauze multifactoriale , prevenirea tulburărilor psihice , îngrijirea organismului și a creierului prin obiceiuri și alimentație sănătoasă versus tratament psihoterapie și psihofarmacologie de ultimă generație.





# NE INFLUENȚEAZĂ ALIMENTELE PE CARE LE CONSUMĂM RISCUL DE A DEZVOLTA DEPRESIE?

Sanchez-Villegas and Martínez-González *BMC Medicine* 2013, 11:3  
<http://www.biomedcentral.com/1741-7015/11/3>

 Metabolism, diet and disease

OPINION

 BMC Medicine

Open Access

## Diet, a new target to prevent depression?

Almudena Sanchez-Villegas<sup>1\*</sup> and Miguel A Martínez-González<sup>2</sup>

“Whereas the role of diet in the prevention of other noncommunicable diseases, such as cardiovascular disease (CVD), has been widely investigated for the last 50 years, the **relationship between diet and depression is so far a novel and interesting field that has only emerged in the last five to ten years**”

*Brain, Behavior, and Immunity* 36 (2014) 46–53

Contents lists available at [ScienceDirect](http://ScienceDirect)



Brain, Behavior, and Immunity

journal homepage: [www.elsevier.com/locate/ybrbi](http://www.elsevier.com/locate/ybrbi)



Diet, Inflammation and the Brain

Inflammatory dietary pattern and risk of depression among women



Michel Lucas<sup>a,b,\*</sup>, Patricia Chocano-Bedoya<sup>a</sup>, Mathias B. Shulze<sup>c</sup>, Fariba Mirzaei<sup>a</sup>, Éilis J. O'Reilly<sup>a,d</sup>,  
Olivia I. Okereke<sup>d,e,f</sup>, Frank B. Hu<sup>a,d,g</sup>, Walter C. Willett<sup>a,d,e</sup>, Alberto Ascherio<sup>a,d,h</sup>

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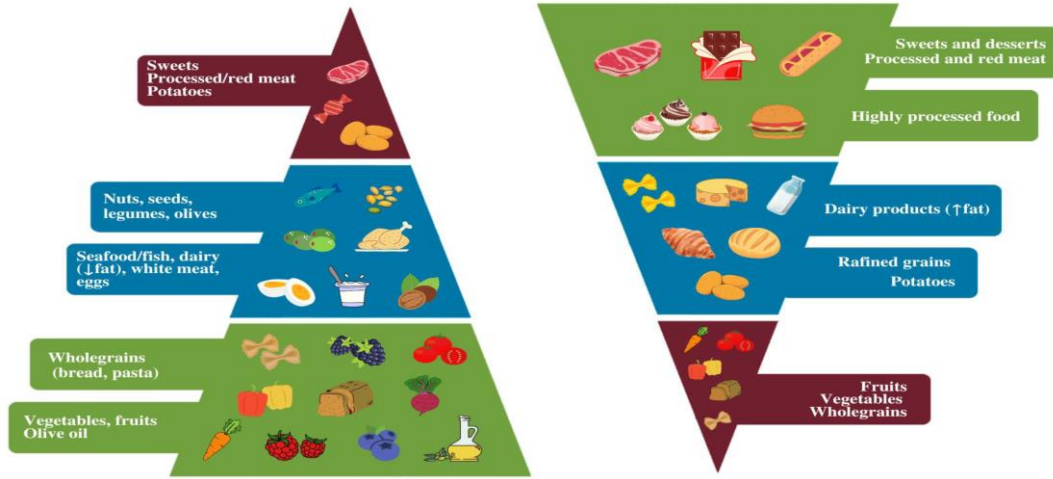
“Chronic inflammation may underlie the relationship between diet and depression”

# CALITATEA ALIMENTELOR vs. DIETĂ ?!

Review

## MEDITERRANEAN DIET

## WESTERN DIET



## A systematic review and meta-analysis of dietary patterns and depression in community-dwelling adults<sup>1-3</sup>

Jun S Lai, Sarah Hiles, Alessandra Bisquera, Alexis J Hure, Mark McEvoy, and John Attia

### ABSTRACT

**Background:** Studies of single nutrients on depression have produced inconsistent results, and they have failed to consider the complex interactions between nutrients. An increasing number of studies in recent years are investigating the association of overall dietary patterns and depression.

**Objective:** This study aimed to systematically review current literature and conduct meta-analyses of studies addressing the association between dietary patterns and depression.

**Design:** Six electronic databases were searched for articles published up to August 2013 that examined the association of total diet and depression among adults. Only studies considered methodologically rigorous were included. Two independent reviewers completed study selection, quality rating, and data extraction. Effect sizes of eligible studies were pooled by using random-effects models. A summary of the findings was presented for studies that could not be meta-analyzed.

**Results:** A total of 21 studies were identified. Results from 13 observational studies were pooled. Two dietary patterns were identified. The healthy diet pattern was significantly associated with a reduced odds of depression (OR: 0.84; 95% CI: 0.76, 0.92;  $P < 0.001$ ). No statistically significant association was observed between the Western diet and depression (OR: 1.17; 95% CI: 0.97, 1.68;  $P = 0.094$ ); however, the studies were too few for a precise estimate of this effect.

**Conclusions:** The results suggest that high intakes of fruit, vegetables, fish, and whole grains may be associated with a reduced depression risk. However, more high-quality randomized controlled trials and cohort studies are needed to confirm this finding, specifically the temporal sequence of this association. *Am J Clin Nutr* 2014;99:181-97.

## Fish consumption and risk of depression: a meta-analysis

Fang Li, Xiaoqin Liu, Dongfeng Zhang

► Additional material is published online only. To view please visit the journal online (<http://dx.doi.org/10.1136/jech-2015-206278>).

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### ABSTRACT

**Background** The association between fish consumption and risk of depression is controversial. We performed a meta-analysis to evaluate the association.

**Methods** A literature search was performed in PubMed, EMBASE and Web of Science database for all relevant studies up to March 2015. We pooled the relative risks (RRs) with 95% CIs from individual studies with random effects model, and conducted meta-regression to explore potential sources of heterogeneity. Publication bias was estimated by Egger's test and the funnel plot.

**Results** A total of 26 studies involving 150 278 participants were included in the present meta-analysis. The pooled RR of depression for the highest versus lowest consumption of fish was 0.83 (95% CI 0.74 to 0.93). The findings remained significant in the cohort studies (RR=0.84, 95% CI 0.75 to 0.94, n=10) as well as in the cross-sectional studies (RR=0.82, 95% CI 0.68 to 1.00, n=16). When men and women were analysed separately, a significant inverse association was also observed. There was no evidence of publication bias.

**Conclusions** This meta-analysis indicates that high-fish consumption can reduce the risk of depression.

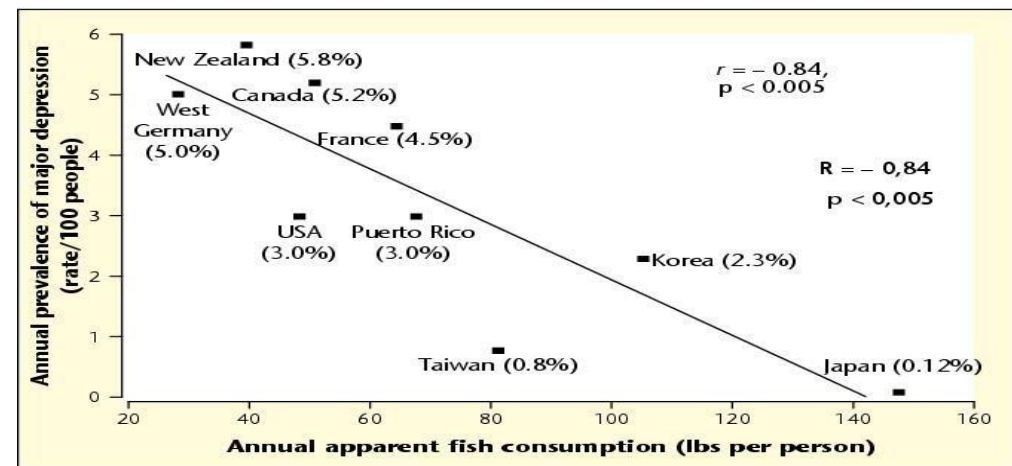
### What is already known on this subject

► A meta-analysis published recently indicated that a healthy dietary pattern, characterised by high intake of fruits, vegetables, fish and whole grains, was significantly associated with a reduced risk of depression

of fish consumption with depression risk and the results remain controversial.

### What this study adds

► This is the first meta-analysis to evaluate the association between fish consumption and depression risk.  
► This meta-analysis shows that higher fish consumption is significantly associated with reduced risk of depression.



Prevalence of major depression decreases with apparent fish consumption in nine countries

(HIBBELN JR. Fish consumption and major depression. *Lancet* 1998; 351: 1213)

Întrebare: Obişnuiţi în timpul consultaţiilor, să faceţi şi recomandări dietetice pacienţilor dvs?

Răspunsuri:

a)Nu am timp suficient

b)Îl trimit la un nutriţionist-dietetician

c)Îi spun câteva recomandări generale

d)Doar dacă mă întrebă pacientul



## ALIMENTE PRO-INFLAMATORII

Alimentele de calitate inferioară!!!

- alimente procesate, prăjite
- băuturi îndulcite cu zahăr
- cereale rafinate ,zahăr , alimente bogate în grăsimi saturate și trans
- alimente cu index glicemic mare  
( produse de patiserie, cartofii prăjiți, pastele ,pâinea albă)



## ALIMENTE ANTI-INFLAMATOARE

Alimentele de înaltă calitate

- alimente nerafinate
- legumele și fructele
- cerealele integrale
- grăsimile sănătoase
- sursele sănătoase de proteine

Nutrient	Effect of deficiency	Food sources
Vitamin B1	poor concentration and attention	wholegrains vegetables
Vitamin B3	depression	wholegrains vegetables
Vitamin B5	poor memory stress	wholegrains vegetables
Vitamin B6	irritability poor memory stress depression	wholegrains bananas
Vitamin B12	confusion poor memory psychosis	meat fish* dairy products eggs
Vitamin C	depression	vegetables fresh fruit
Folic acid	anxiety depression psychosis	green leafy vegetables

# MICRONUTRIENȚII



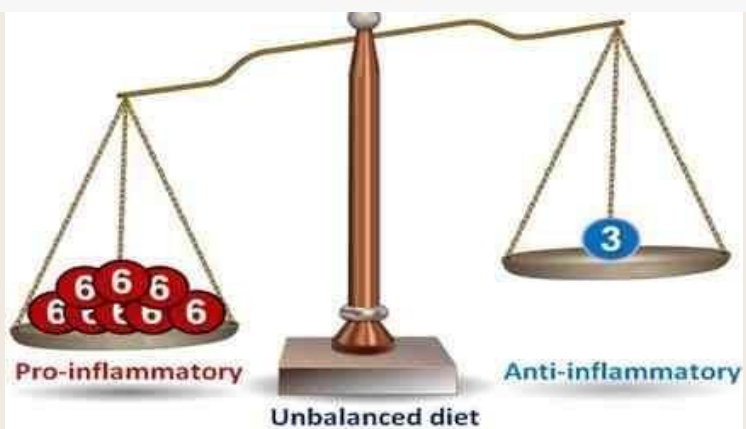
Magnesium	irritability insomnia depression	green vegetables nuts seeds
Selenium	irritability depression	wheat germ brewer's yeast liver fish* garlic sunflower seeds Brazil nuts wholegrains
Zinc	confusion blank mind depression loss of appetite lack of motivation	oysters nuts seeds fish*



## SFATURI ȘI RECOMANDĂRI DIETETICE

- Alegeți-vă carbohidrații cu înțelepciune! Creierul are nevoie de combustibil, o sursă constantă de energie
- Zahărul este un aliment proinflamator, limitează aportul < 5% din aportul zilnic caloric
- Limitează aportul de grasimi saturate < 11% din aportul caloric zilnic
- Consumă cel puțin 5 porții de legume și fructe zilnic ( de preferat în stare proaspătă și de sezon)
- Alege legume și fructe în stare congelată ( dacă nu ești sigur de prospețimea /disponibilitatea legumelor,fructelor)
- Cel puțin o porție de pește ( 140- 200 g )/săptămână
- Atenție la aditivii din alimentație și teste de laborator pentru metale grele !

### Mediterranean Diet





**Consumă proteină de bună calitate (peste, ou, semințe de cânepă, proteine vegetale: fasolea, mazărea, năutul sau linte, pot fi sărace în unul sau doi aminoacizi esențiali, dar conțin triptofan.**



**Consumă alimentele cu indice glicemic mai scăzut, cum ar fi unele fructe (fructe de padure, citrice, etc), legume, cereale integrale etc. pot avea un efect moderat, dar de durată, asupra chimiei creierului.**



**Consumă alimente bogate în seleniu. Cele mai bogate surse de seleniu sunt: nuci de Brazilia, tonul, stridiile, semințe de Chia, creveți, midii, paste integrale, piept de pui.**



**Consumă alimente bogate în omega 3: sardine, macrou, hering, somon, semințe de in, semințe de cânepa etc**

**Amintiți-vă – nu trebuie să fie scump să mănânci bine pentru a avea grijă numai de creier, ci și de întregul corp.**

**Recomandați /folosiți suplimente doar unde este cazul!!!**



„Mental health is a universal human right”

