Nutrition in Rheumatoid Arthritis Study

Now enrolling participants

The UC San Diego Center for Integrative Nutrition is recruiting patients with Rheumatoid Arthritis to participate in a research study to evaluate an anti-inflammatory diet for arthritis symptoms.

Study Overview:
Dr. Guma from the Division of Rheumatology at UCSD, together with the Center for Integrative Nutrition, is conducting a study of a 3-month long program to test nutritional changes for patients with rheumatoid arthritis. Any patient with rheumatoid arthritis without food allergies can participate. There will be 4 face-to-face visits lasting one hour. It will also involve education and support in the adoption of a healthy and nutritionally balanced anti-inflammatory diet. The program includes a detailed baseline orientation, expert nutrition counseling and education, and telephone coaching.

Further information:
If you are interested in this study and would like further details, please contact the Nutrition in Rheumatoid Arthritis Study coordinator at: aiarshad@health.ucsd.edu
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