



Clinical Research Study

Interested in studying nutrition in rheumatoid arthritis?

Rheumatoid arthritis is the most common type of autoimmune arthritis. It is a chronic inflammatory disease that can cause joint pain and joint damage.

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

Phone: 858-246-2389

