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## Introduction

DINAMITE study: the first study in adults with mitochondrial disease (MD) to explore effects of dietary treatment on achieving individually set dietary goals.

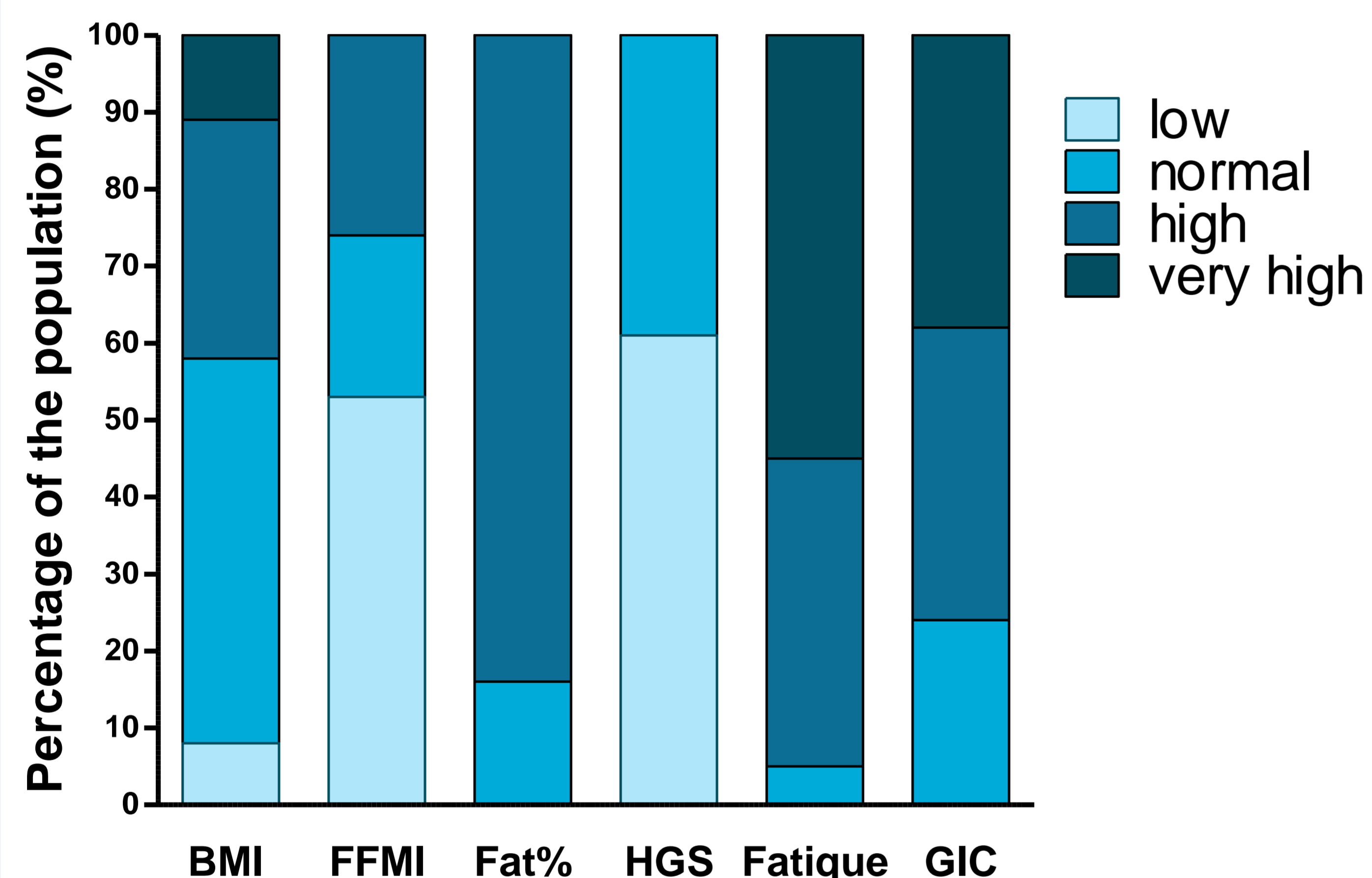
## Methods

Analysis after 3 and 6 months of tailored dietary treatment by success rate scores for each goal.

## Results

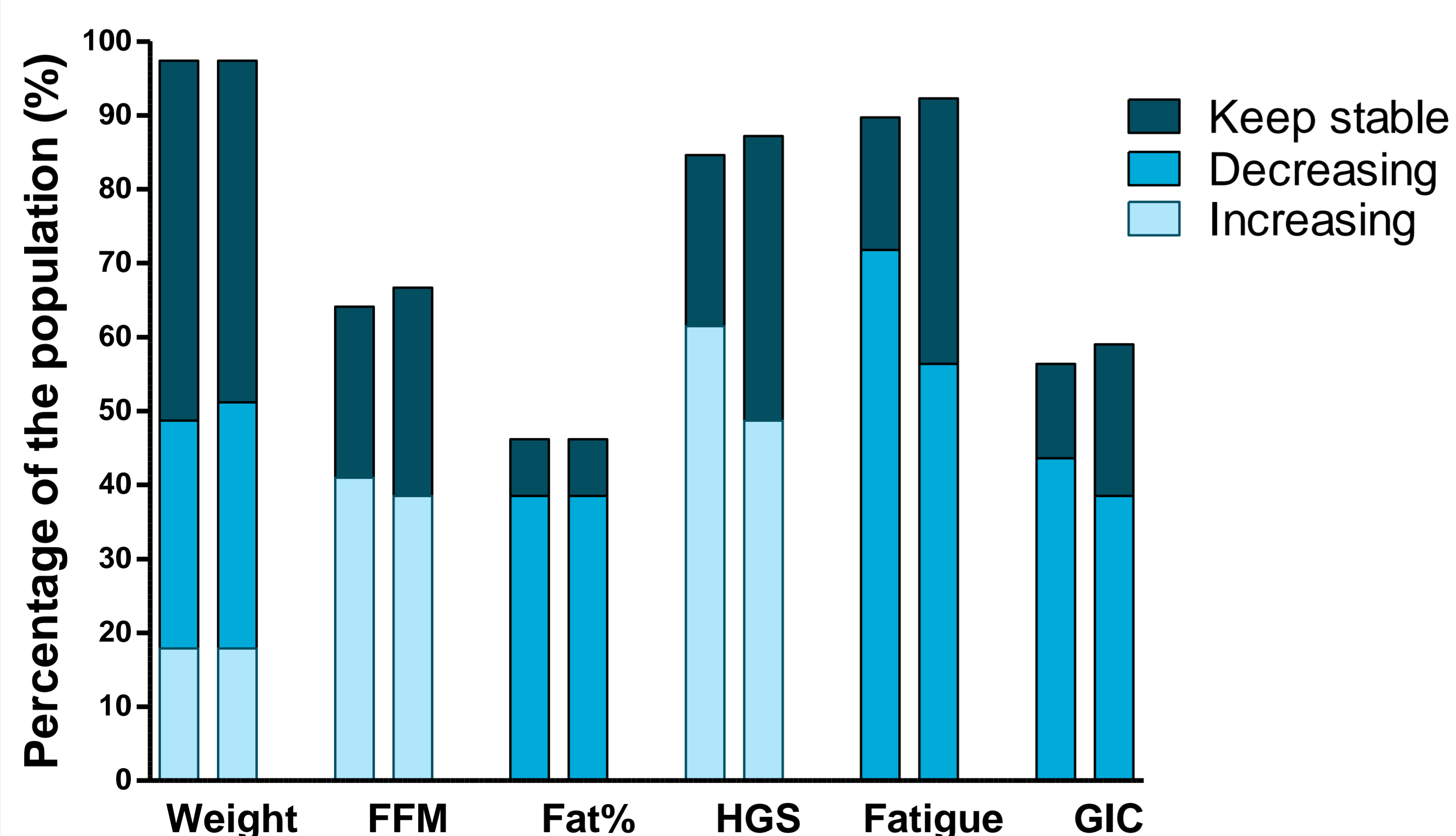
- 38 MD pts with m.3243A>G mutation (age: 47 yr  $\pm$ 13, 18% male)
- Each pt formulated an average of 5 (2-7) goals
- Success for at least one goal in 95% of pts

Patients characteristics compared to references.



BMI: Body Mass index (kg/m<sup>2</sup>)  
FFMI: Fat Free Mass index (kg/m<sup>2</sup>)  
HGS: Hand Grip Strength (kg)  
GIC: Gastro Intestinal Complaints

Goals at start and after 3 months



## Conclusion

- Individual dietary treatment seems a successful strategy in adult MD patients
- Half of individual dietary goals were achieved
- Most successful:
  - Improved body composition
  - Improved hand grip strength
  - Less gastro intestinal complaints

Achievement of the goals after 3 and 6 months

