

Invited Speaker Abstract

Official Language: English

Presenting Author & Affiliation:

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Title of Presentation

'Lifestyle, inulin resistance and sport injuries'.

1. Abstract

Painful and non-healing musculoskeletal injuries, such as tendonitis, have a huge impact on the quality of life of people and athletes. Researchers found new elements to understand the causes of weakened tendons. Common health problems are strongly linked to the health of muscles, tendons, connective tissue, cartilage and bone. Relationships have been discovered between the nervous system, hormones, vascular system, the immune system and the quality of the tendons. Since our eating habits have changed a lot during the last decades and we exercise less and less, disorders can occur at an increasingly younger age. That is why it is important for athletes with a sudden or persistent tendon injury to check their eating habits in order to promote the healing process. Because it is not advisable to wait until an athlete has developed a tendon injury, it is better to detect malnutrition and metabolic disorders at an early stage. During the lecture we will discuss in detail how nutrition and a healthy lifestyle determine the quality of your tendons and muscles.

2. key references

- S.T. Olatunbosun, et al. Insulin Resistance Guidelines American assoc of Clin Endocrinologist
- Metabolic Disease & Tendon Disorders – M. Abate et al, Occurrence of tendon pathologies in metabolic disorders, *Rheumatology*, Volume 52, Issue 4, April 2013, Pages 599–608
- F. Oliva et al, Metabolic diseases and tendinopathies: the missing link, Muscles Ligaments Tendons J. 2014 Jul-Sep; 4(3): 273–274.

3. key messages

Because it is not advisable to wait until an athlete has developed a tendon injury, it is better to detect feeding errors and metabolic disorders at an early stage. Anyone who repeatedly suffers from injuries, whether or not due to physical overload, or difficult recovery from an injury, is best checked for nutritional and / or lifestyle errors or insulin resistance.