

CRANBERRY STUDY



About The Cranberry Study

Be part of the Cranberry Study, an exciting research project aimed at discovering how 100% cranberry supplements can help people with Crohn's disease.

Research reveals that people with Crohn's disease often have an imbalanced gut microbiome, which contributes to their symptoms. A balanced diet and specific nutrients, like fiber and polyphenols, can help restore this balance. Cranberries, packed with fiber and polyphenols, are the focus of our study to see if they can help balance the gut microbiome in Crohn's disease patients.



Join Our Study

Are you Eligible?

- ✓ Have a confirmed diagnosis of Crohn's Disease measured by a score called sCDAI under 450
- ✓ Age 18 to 65 years old
- ✓ A Massachusetts Resident
- ✓ Patients with stable medications for Crohn's:
 - Thiopurines, natalizumab, or methotrexate: used for at least 12 weeks.
 - Anti-TNF medications, ustekinumab, or vedolizumab: used for at least 8 weeks.
 - 5-ASA: used for at least 2 weeks.
 - Steroids: stable dose for at least 1 week.
- ✓ Patients willing and able to take a cranberry supplement daily as part of the study
- ✓ Patients willing and able to follow study instructions, provide samples, and complete all study activities
- ✓ Patients who can read and sign a consent form agreeing to join the study.



Ineligibility

- X** Patients with a stoma (ostomy)
- X** Patients who have a blocked or narrowed part of the intestine causing symptoms or had a blockage in the last 6 months
- X** Patients who are pregnant
- X** Patients who have followed a Specific Carbohydrate Diet or IBD-AID diet in the last 4 weeks
- X** Patients who have taken probiotics or antibiotics in the last 4 weeks.
- X** Patients taking more than 20 mg of prednisone (or similar steroid)
- X** Patients who have had a recent infection with *C. difficile* (a type of bacteria that causes diarrhea).
- X** Patients who are incarcerated.



Study Activities

We will monitor changes in your gut bacteria by:

- collecting stool samples.
- Inflammatory markers in patient's blood,
- Cranberry intake in patients' urine.
- Disease activity, quality of life, and dietary intake using online

Study Timeline

This study is 15 weeks and is broken into three parts:

- Baseline period (1 week): This is the starting point, where we collect initial information before the intervention starts.
- Intervention period (10 weeks): Patients will be asked to take a daily dose of the cranberry supplement.
- Follow-up period (4 weeks): After the intervention period ends, we will continue to check on your health.

Study Docket #STUDY00002053



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