

## Curriculum Vitae



### Personal details:

Name and titles:	Bernardus Jacobus Maria Witteman, MD, PhD.
Date of Birth:	16-08-1958 (Leiden)
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Marital status:	married, 3 children

### Academic qualifications

- PhD, University of Nijmegen, 1998. Thesis: Assessment of vagal nerve integrity in autonomic neuropathy (ISBN 9012136-6).
- MD, University of Leiden, 1984
- MSc Medicine, University of Leiden, 1983
- BSc Medicine, University of Leiden, 1979

### Employment record

2021 july:	Officer in the order of Oranje Nassau
2013-to date:	Affiliate professor (20%). Wageningen University, Division of Human Nutrition. Special chair: 'Intestinal health and nutrition in transitional care'.
1995-2021:	Gastroenterologist and Hepatologist. Member of staff. Gelderse Vallei Hospital, Ede.
1993-1995:	Gastroenterologist and Hepatologist. Member of staff. Department of Gastroenterology and Hepatology, University Medical Centre St. Radboud Nijmegen.

1990-1993: Graduated Internist. fellowship Gastroenterology and Hepatology. University Medical Centre St. Radboud Nijmegen.

1987-1990: Fellowship internal medicine. University Medical Centre Leiden.

1985-1987: Fellowship internal medicine. Rijnland Hospital. Leiderdorp.

1984-1985: Intern, dept of Gastroenterology and Hepatology, University Medical Centre Leiden

#### Research goal and achievements

The major goal of my research is to incorporate nutrition in healthcare especially by improving the nutritional status of individuals with a chronic subclinical disease or abnormality. Optimal nutrition may prevent further progression to clinical disease and consultation of medical care. For this purpose we initiated the "Alliance Nutrition Gelderse Vallei" in 2009.

My mission is to inform healthcare workers of the sense and nonsense of nutrition in various chronic subclinical diseases. Furthermore, individuals need to be aware of the role that diet can play in improving wellbeing and quality of life. This can ultimately lead to self-management of their chronic subclinical disorder.

Moreover, I want to educate students and colleagues in first and second line health care about the importance of nutrition before, during and after hospitalisation and treatment.

#### Personality assessment (by ViaMedica)

Witteveen BJM has a willing and cooperative attitude, focused on building good relations with colleagues. Pays attention to others, gives support and encourages others. Enjoys working in a team. Should work in a place where his extrovert talents can be utilized. Likes to develop personal initiatives. A networker, with a strong need for a role which puts the emphasis on communicating and maintaining contacts. Can delegate work and will try to make the best use of a team. Has the talent to lead co-workers to shared goals in a confident way. Suits a coaching role. Needs a function with a wide range of tasks: suitable for an exploratory and information gathering role.

#### My profession as gastroenterologist

In 1995, I started as first full time gastroenterologist and hepatologist in Gelderse Vallei Hospital (GVH), a large general hospital. In 20 years time our Gastroenterology team expanded to 8 gastroenterologists. Our partnership received the approved internist training in 2000. At the moment we perform over 9.000 endoscopies a year. In our department all endoscopic treatments are conducted. Complication rate is very low according to national standards. Every year, about 1300 patients are admitted in our gastroenterology and hepatology ward and 3000 patients in our day-care service. In our outpatient clinic, we see more than 5200 new patients yearly. As head of the gastroenterological function laboratory, I perform 170 manometries and 30 pH-metries a year. Furthermore, I perform over 150 endoscopic ultrasounds. I am especially skilled in the treatment of Zenker's diverticulum, Endoscopic Mucosal Resection and endoscopic treatment of hepatobiliary disease. As nutrition hospital, we also place more than 200 jejunal feeding tubes (120 Cortrak) and more than 1000 gastric feeding tubes. All gastroenterologists participate in the national cursory (training) education program of endoscopy assistants and gastroenterology nurses. In december 2013 I accepted my chair as endowed professor in Nutrition and Intestinal health in Transitional care (0,2 FTE) at the WUR.

#### My profession as Endowed Professor at the WUR

I lecture at the Wageningen University (general medicine, clinical nutrition, Peri-operative nutrition, Refeeding syndrome, Prevention of colorectal cancer) and participate and supervise in student Bachelor and Master programmes. I supervise students in their PhD research projects. I also give presentations as invited speaker at local and national symposia. I am a member and chair of several scientific and medical societies.

#### Founder / Directorships:

- Founder and Chair "Morbid Obesity team" GVH (until 2014)
- Core team Nutrition Gelderse Vallei Hospital (until 2017)
- Steering group Alliance Nutrition Gelderse Vallei (AVGV) (until 2013).
- Chair Scientific committee GVH 2009 - 2014. Prolongation as member since 2014.
- Chair "Stichts Genootschap Utrecht" 2009 - 2013. Prolongation as member since 2013.
- Chairman and moderator at the annual National Nutrition Congress in the Reehorst Ede (until 2013).
- Member Council of the Foundation "Voeding Leeft".
- Member national "steering group Undernutrition".
- Member of staff: "Voeding Nederland" (yearly recurring national symposium on clinical nutrition).
- Initiator and founder of "Functional abdominal complaints care pathway" GVH (since 2007).

#### Memberships:

- Member Medical Ethical Committee Wageningen University (until 2016; prolongation as consultant).
- Member Medical Ethical Committee Brabant (from 2018)
- Society of Medical Specialists.
- Dutch Scientific Gastroenterology Society (motility, nutrition, hepatology, IBD)
- Dutch Society for Gastroenterologists and Hepatologists
- Dutch Academy of Nutritional Science (NAV: Nederlandse Academie van voedingswetenschappen; registration B (certified nutritional scientist)
- European Society for Parenteral and Enteral Nutrition (ESPEN)
- Dutch Society for Parenteral and Enteral Nutrition (NESPEN)
- American Society for Gastrointestinal Endoscopy (ASGE). Member ID: 11128
- Member Dutch Pancreatitis Association (from 2002).
- Medical Staff GVH. Member cooperation medical staff Gelderse Vallei since 2015.
- Dutch Primary Biliary Cirrhosis and Primary Sclerosing Cholangitis Study Group until 2019.
- Dutch hepatology society
- Registration by SMBWO (Stichting voor de opleiding tot Medisch-Biologisch Wetenschappelijk Onderzoeker) as Nutritionscientist.
- Member of the ILD Interstitial Lung Disease team with extra expertise on nutrition.
- Member of European Crohn's and Colitis Organisation (ECCO). Member ID: 40602.

- Individual member of European Society of Gastrointestinal Endoscopy (member nr: 11128).
- Member of European Crohn's and Colitis Organisation (ECCO). Since 2015;

Committees / workgroups / other activities:

- Intra- en transmural nutrition team GVH.
- Steering group nutrition, exercise and sports GVH.
- Defecation expertise center GVH (since 2014)
- Pelvic floor management team GVH (Since 1998)
- Member and coordinator scientific committee "stichts genootschap".
- Chair "Food for Thought" evening (twice a year). This is a meeting of researchers of the Wageningen University and clinicians of the Gelderse Vallei Hospital to present and discuss new initiated clinical nutritional research organized by the Alliance Nutrition Gelderse Vallei.
- Luthier and woodworker (www.benwitteman.com)

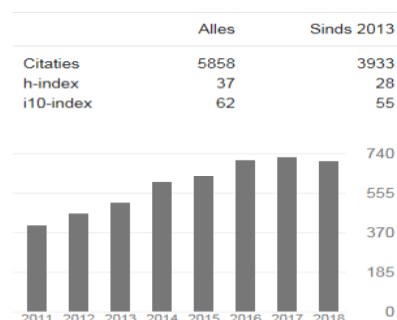
Teaching:

- Supervisor scientific training of BSc and MSc students at Wageningen University.
- Lecturer in Pharmacology and Sedation for the Specific Training Endoscopic Nurses Foundation (until 2011).
- Training Coordinator in Specific training Endoscopic Nurses Foundation (until 2011).
- Teacher and lecturer at Wageningen University.

Certificate of Good Clinical Practice:

- 09-08-2021.

Citation analysis from Web of Science and Google scholar:



Publications related to nutrition research in chronological order:

1. Rijnaarts, I., De Roos, N. M., Zoetendal, E. G., Wang, T., Top, J., Timmer, M., Witteman B, De Wit, N. (2021). High-fiber personalized dietary advice reduces constipation complaints. *Clinical Nutrition ESPEN*, 46, S691.
2. Rijnaarts I, de Roos N, Zoetendal EG, de Wit N, Witteman B.J.M. Development and validation of the FiberScreen: A short questionnaire to screen fibre intake in adults. *J of Human Nutrition and Dietetics* 2021;34(6):969-980.
3. Lamers CR, de Roos NM, Koppelman LJM, Hopman MTE, Witteman BJM. Patient experiences with the role of physical activity in inflammatory bowel disease: results from a survey and interviews. *BMC Gastroenterol*. 2021 Apr 14;21(1):172. doi: 10.1186/s12876-021-01739-z. PMID: 33853535; PMCID: PMC8046271.
4. Faber W, Stolwijk-Swuste J, van Ginkel F, Nachtegaal J, Zoetendal E, Winkels R, Witteman B. Faecal Microbiota in Patients with Neurogenic Bowel Dysfunction and Spinal Cord Injury or Multiple Sclerosis-A Systematic Review. *J Clin Med*. 2021 Apr 9;10(8):1598. doi: 10.3390/jcm10081598. PMID: 33918927; PMCID: PMC8068808.
5. Rijnaarts I, de Roos NM, Wang T, Zoetendal EG, Top J, Timmer M, Bouwman EP, Hogenelst K, Witteman B, de Wit N. Increasing dietary fibre intake in healthy adults using personalised dietary advice compared with general advice: a single-blind randomised controlled trial. *Public Health Nutr*. 2021 Apr;24(5):1117-1128. doi: 10.1017/S1368980020002980. Epub 2020 Sep 18. PMID: 32943128; PMCID: PMC8025104.
6. van Noort HHJ, Eskes AM, Vermeulen H, Besselink MG, Moeling M, Ubbink DT, Huisman-de Waal G, Witteman BJM. Fasting habits over a 10-year period: An observational study on adherence to preoperative fasting and postoperative restoration of oral intake in 2 Dutch hospitals. *Surgery*. 2021 Aug;170(2):532-540. doi: 10.1016/j.surg.2021.01.037. Epub 2021 Mar 10. PMID: 33712307.
7. Ph van Trijp M, Wilms E, Ríos-Morales M, Masclee AA, Brummer RJ, Witteman BJ, Troost FJ, Hooiveld GJ. Using naso- and oro-intestinal catheters in physiological research for intestinal delivery and sampling in vivo: practical and technical aspects to be considered. *Am J Clin Nutr*. 2021 Sep 1;114(3):843-861. doi: 10.1093/ajcn/nqab149. PMID: 34036315; PMCID: PMC8408849.
8. Rijnaarts I, Witteman BJM, Zoetendal EG, Govers C, de Wit NJW, de Roos NM. Subtypes and Severity of Irritable Bowel Syndrome Are Not Related to Patients' Self-Reported Dietary Triggers: Results From an Online Survey in Dutch Adults. *J Acad Nutr Diet*. 2021 Sep;121(9):1750-1762.e8. doi: 10.1016/j.jand.2021.01.007. Epub 2021 Mar 2. PMID: 33674208.
9. Lamers C, Rijnaarts I, Witteman BJM. "leefstijl bij IBS en IBD": Hippocrates zei het al! *MAGMA* 2021;27(1):20-21.
10. Weerts ZZRM, Essers BAB, Jonkers DMAE, Willems JIA, Janssen DJPA, Witteman BJM, Clemens CHM, Westendorp A, Masclee AAM, Keszthelyi D. A trial-based economic evaluation of peppermint oil for the treatment of irritable bowel syndrome. *United European Gastroenterol J*. 2021 Nov;9(9):997-1006. doi: 10.1002/ueg2.12134. Epub 2021 Sep 1. PMID: 34468079; PMCID: PMC8598953.
11. Lamers CR, de Roos NM, Bongers CCWG, Ten Haaf DSM, Hartman YAW, Witteman BJM, Hopman MTE. Repeated prolonged moderate-intensity walking exercise does not appear to have harmful effects on inflammatory markers in patients with inflammatory bowel disease. *Scand J Gastroenterol*. 2021 Jan;56(1):30-37. doi: 10.108
12. Lamers CR, de Roos NM, Witteman BJM. The association between inflammatory potential of diet and disease activity: results from a cross-sectional study in patients with inflammatory bowel disease. *BMC Gastroenterol*. 2020 Sep 29;20(1):316. doi: 10.1186/s12876-020-01435-4. PMID: 32993520 Free PMC article.
13. Rijnaarts I, et al. Among authors: witteman b. Increasing dietary fibre intake in healthy adults using personalised dietary advice compared with general advice: a single-blind randomised controlled trial. *Public Health Nutr*. 2020. PMID: 32943128
14. Grootswagers P, et al. Among authors: witteman b. A 4-week exercise and protein program improves muscle mass and physical functioning in older adults - A pilot study. *Exp Gerontol*. 2020. PMID: 32950613 Free article.
15. de Bruyn JR, Bossuyt P, Ferrante M, West RL, Dijkstra G, Witteman BJ, Wildenberg M, Hoentjen F, Franchimont D, Clasquin E, van der Bilt JD, Tollens T, Bemelman WA, D'Hoore A, Duijvestein

- M, D'Haens GR; Dutch-Belgian The Effect of Vitamin D3 to Prevent Postoperative Relapse of Crohn's Disease: A Placebo-controlled Randomized Trial Study Group. High-Dose Vitamin D Does Not Prevent Postoperative Recurrence of Crohn's Disease in a Randomized Placebo-Controlled Trial. *Clin Gastroenterol Hepatol*. 2020 May 24:S1542-3565(20)30698-4. doi: 10.1016/j.cgh.2020.05.037. Online ahead of print. PMID: 32461138
16. van Noort HHJ, Witteman BJM, den Hertog-Voortman R, Everaars B, Vermeulen H, Huisman-de Waal G. A context analysis on how oral care is delivered in hospitalised patients: A mixed-methods study. *J Clin Nurs*. 2020 Jun;29(11-12):1991-2003. doi: 10.1111/jocn.15130. Epub 2019 Dec 23. PMID: 31793109
  17. Wolbrink DRJ, Grundsell JR, Witteman B, Poll MV, Santvoort HCV, Issa E, Dennison A, Goor HV, Besselink MG, Bouwense SAW; Dutch Pancreatitis Study Group. Are omega-3 fatty acids safe and effective in acute pancreatitis or sepsis? A systematic review and meta-analysis. *Clin Nutr*. 2020 Sep;39(9):2686-2694. doi: 10.1016/j.clnu.2019.12.006. Epub 2019 Dec 16. PMID: 31959476
  18. van Noort HHJ, Witteman BJM, Vermeulen H, Huisman-de Waal G; Basic Care Revisited research group. An outpatient nursing nutritional intervention to prehabilitate undernourished patients planned for surgery: A multicentre, cluster-randomised pilot study. *Clin Nutr*. 2020 Aug;39(8):2420-2427. doi: 10.1016/j.clnu.2019.11.038. Epub 2019 Dec 2. PMID: 31879076
  19. Weerts ZZRM, Masclee AAM, Witteman BJM, Clemens CHM, Winkens B, Brouwers JRB, Frijlink HW, Muris JWM, De Wit NJ, Essers BAB, Tack J, Snijkers JTW, Bours AMH, de Rooter-van der Ploeg AS, Jonkers DMAE, Keszthelyi DEfficacy and Safety of Peppermint Oil in a Randomized, Double-Blind Trial of Patients With Irritable Bowel Syndrome. *Gastroenterology*. 2020 Jan;158(1):123-136. doi: 10.1053/j.gastro.2019.08.026. Epub 2019 Aug 27. PMID: 31470006
  20. Wegh CAM, de Roos NM, Hovenier R, Meijerink J, Besseling-van der Vaart I, van Hemert S, Witteman BJM. Intestinal Permeability Measured by Urinary Sucrose Excretion Correlates with Serum Zonulin and Faecal Calprotectin Concentrations in UC Patients in Remission. *J Nutr Metab*. 2019 Apr 1;2019:2472754. doi: 10.1155/2019/2472754. eCollection 2019. PMID: 31061734.
  21. de Vries JHM, Dijkhuizen M, Tap P, Witteman BJM. Patiënt's Dietary Beliefs and Behaviours in Inflammatory Bowel Disease. *Dig Dis*. 2018 Nov 2;1-9: 10.1159/000494022. [Epub ahead of print]
  22. Haaf ten DSM, Regt de MF, Visser M, Witteman BJM, Vries de JHM, Eijsvogels TMH, Hopman MTE. Insufficient protein intake is highly prevalent among physically active elderly. *J Nutr Health Aging*. 2018; 1-3.
  23. Opstelten JL, de Vries JHM, Wools A, Siersema PD, Oldenburg B, Witteman BJM. Dietary intake of patients with inflammatory bowel disease: A comparison with individuals from a general population and associations with relapse. *Clin Nutr*. 2018 Jul 6. Pii:S0261-5614(18)31203-2. Doi:10.1016/j.clnu.2018.06.983. [Epub ahead of print]
  24. Camps G, Mars M, Witteman BJM, de Graaf C, Smeets PAM. Indirect vs direct assessment of gastric emptying: A randomized crossover trial comparing C-isotope breath analysis and MRI. *Neurogastroenterol Motil*. 2018 Feb 23. doi: 10.1111/nmo.13317. [Epub ahead of print]
  25. Opstelten JL, Chan SSM, Hart AR, van Schaik FDM, Siersema PD, Lentjes EGWM, Khaw KT, Luben R, Key TJ, Boeing H, Bergmann MM, Overvad K, Palli D, Masala G, Racine A, Carbonnel F, Boutron-Ruault MC, Tjønneland A, Olsen A, Andersen V, Kaaks R, Kühn T, Tumino R, Trichopoulou A, Peeters PHM, Verschuren WMM, Witteman BJM, Oldenburg B. Prediagnostic Serum Vitamin D Levels and the Risk of Crohn's Disease and Ulcerative Colitis in European Populations: A Nested Case-Control Study. *Inflamm Bowel Dis*. 2018 Feb 15;24(3):633-640. doi: 10.1093/ibd/izx050.
  26. Scholten AM, Vermeulen E, Dhonukshe-Rutten RAM, Verhagen T, Visscher A, Olivier A, Timmer L, Witteman BJM. Surplus vitamin B<sub>12</sub> use does not reduce fatigue in patients with Irritable Bowel Syndrome or inflammatory bowel disease: A randomized double-blind placebo-controlled trial. *Clin Nutr ESPEN*. 2018 Feb;23:48-53. doi: 10.1016/j.clnesp.2017.10.004. Epub 2017 Nov 2.
  27. co-author guideline malnutrition: <http://www.stuurgroepondervoeding.nl/nieuws/nieuwe-multidisciplinaire-richtlijn-ondervoeding>.
  28. de Roos NM, van Hemert S, Rovers JMP, Smits MG, Witteman BJM. The effects of a multispecies probiotic on migraine and markers of intestinal permeability-results of a randomized placebo-controlled study. *Eur J Clin Nutr*. 2017 May 24. doi: 10.1038/ejcn.2017.57. [Epub ahead of print]
  29. Kruizenga H, van Keeken S, Weijs P, Bastiaanse L, Beijer S, Huisman-de Waal G, Jager-Wittenaar H, Jonkers-Schuitema C, Klos M, Remijnse-Meester W, Witteman B, Thijs A.

- Undernutrition screening survey in 564,063 patients: patients with a positive undernutrition screening score stay in hospital 1.4 d longer. *Am J Clin Nutr.* 2016 Apr;103(4):1026-32.
30. Lodewijkx PJ, Besselink MG, Witteman BJ, Schepers NJ, Gooszen HG, van Santvoort HC, Bakker OJ; Dutch Pancreatitis Study Group. Nutrition in acute pancreatitis: a critical review. *Expert Rev Gastroenterol Hepatol.* 2016;10(5):571-80. doi: 10.1586/17474124.2016.1141048. Epub 2016 Mar 15.
  31. Margot F, De Regt, Dominique ten Haaf, Marlieke Visser, Ben Witteman, Thijs Eijsvogels, Jeanne de Vries, Maria Hopman. Characterization of habitual dietary protein intake among Dutch physically active elderly. Poster op het ESPEN congress 2016 Copenhagen.
  32. Plas M, Vries de J, Witteman BJM. Pak ondervoeding structureel aan: vroegtijdige herkenning kan veel voorkomen. *Medisch contact* 2015,okt;70:2054-7.
  33. de Roos NM, Giezenaar CG, Rovers JM, Witteman BJ, Smits MG, van Hemert S. The effects of the multispecies probiotic mixture Ecologic®Barrier on migraine: results of an open-label pilot study. *Benef Microbes.* 2015 Oct 15;6(5):641-6. doi: 10.3920/BM2015.0003. Epub 2015 Apr 22.
  34. Berg, MC van den, Plas, M. Mares, W. Witteman, B.J.M. Klein Gunnewiek, J.M.T. Vries, J.H.M. de. Evaluatie van de voedingsstatus van Nederlandse patiënten met chronische inflammatoire darmziekten : een pilotonderzoek. *Tijdschrift voor Voeding en Diëtetiek* 60 (2014)1. - ISSN 1875-9955 - p. S1 - S12.
  35. van Hemert S, Breedveld  
<http://www.ncbi.nlm.nih.gov/pubmed/?term=van%20Hemert%20S%5Bauth%5DAC>, Rovers JMP, Vermeiden JPW, Witteman BJM, Smits MG and de Roos NM. Migraine Associated with Gastrointestinal Disorders: Review of the Literature and Clinical Implications *Front Neurol.* 2014; 5: 241. Published online Nov 21, 2014. doi: 10.3389/fneur.2014.00241.
  36. Bakker OJ, van Brunschot S, van Santvoort HC, Besselink MG, Bollen TL, Boermeester MA, Dejong CH, van Goor H, Bosscha K, Ahmed Ali U, Bouwense S, van Grevenstein WM, Heisterkamp J, Houdijk AP, Jansen JM, Karsten TM, Manusama ER, Nieuwenhuijs VB, Schaapherder AF, van der Schelling GP, Schwartz MP, Spanier BW, Tan A, Vecht J, Weusten BL, Witteman BJ, Akkermans LM, Bruno MJ, Dijkgraaf MG, van Ramshorst B, Gooszen HG; Dutch Pancreatitis Study Group. Early versus on-demand nasoenteric tube feeding in acute pancreatitis. *N Engl J Med.* 2014 Nov 20;371(21):1983-93. doi: 10.1056/NEJMoa1404393.
  37. Cremers JP, Drent M, Elfferich MD, Nelemans PJ, Wijnene PA, Witteman BJ, Schols AM. Body composition profiling in a Dutch Sarcoidosis population. *Sarcoidosis Vasc Diffuse Lung Dis.* 2013 dec 17;30(4):289-99.
  38. He T, Spelbrink REJ, Witteman BJM, Giuseppin MLF. Digestion kinetics of potato protein isolates in vitro and in vivo. *Int J Food Sci Nutr* 2013;64(7):787-93.
  39. Faber J, Berkhout M, Fiedler U, Avlar M, Witteman BJM, Vos AP, Henke M, Garssen J, van Helvoort A, Otten MH, Arends J. Rapid EPA and DHA incorporation and reduced PGE<sub>2</sub> levels after one week intervention with a medical food in cancer patients receiving radiotherapy, a randomized trial. *Clin Nutri* 2012 Sep 28. pii: S0261-5614(12)00213-0. doi: 10.1016/j.clnu.2012.09.009. [Epub ahead of print].
  40. Heine-Bröring RC, Winkels RM, Botma A, Wahab PJ, Tan A, Nagengast FM, Witteman BJM, Ellen Kampman. Dietary supplement use is not associated with recurrence of colorectal adenomas: a prospective cohort study. *Int J Cancer* 2013;132:666-75.
  41. van Santvoort HC, Bakker OJ, Bollen TL, Besselink MG, Ahmed Ali U, Schrijver AM, Boermeester MA, van Goor H, Dejong CH, van Eijck CH, van Ramshorst B, Schaapherder AF, van der Harst E, Hofker S, Nieuwenhuijs VB, Brink MA, Kruij PM, Manusama ER, van der Schelling GP, Karsten T, Hesselink EJ, van Laarhoven CJ, Rosman C, Bosscha K, de Wit RJ, Houdijk AP, Cuesta MA, Wahab PJ, Gooszen HG; Dutch Pancreatitis Study Group. A conservative and minimally invasive approach to necrotizing pancreatitis improves outcome. *Gastroenterology.* 2011;141:1254-63.. [IF: 12.03].
  42. Plas M, de Vries J, Witteman BJM. Transmuraal zorgpad ondervoeding bij ziekenhuis Gelderse Vallei. *Ned. Tijdschrift voor Evidence Based Practice* 2011; 3:7-9.
  43. Bakker OJ, van Santvoort HC, van Brunschot S, Ali UA, Besselink MG, Boermeester MA, Bollen TL, Bosscha K, Brink MA, Dejong CH, van Geenen EJ, van Goor H, Heisterkamp J, Houdijk AP, Jansen JM, Karsten TM, Manusama ER, Nieuwenhuijs VB, van Ramshorst B, Schaapherder AF, van der Schelling GP, Spanier MB, Tan A, Vecht J, Weusten BL, Witteman BJ, Akkermans LM, Gooszen HG; the Dutch Pancreatitis Study Group. Pancreatitis, very early compared with normal start of enteral feeding (PYTHON trial): design and rationale of a randomised controlled multicenter trial. *Trials.*2011 Mar 10;12(1):73.

44. Pot GK, Geelen A, Majsak-Newman G, Harvey LJ, Nagengast FM, Witteman BJ, van de Meeberg PC, Hart AR, Schaafsma G, Lund EK, Rijkers GT, Kampman E. Increased consumption of fatty and lean fish reduces serum C-reactive protein concentrations but not inflammation markers in feces and in colonic biopsies. *J Nutr.* 2010 Feb;140(2):371-6. [IF: 4.3].
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46. Besselink MG, van Santvoort HC, Renooij W, de Smet MB, Boermeester MA, Fischer K, Timmerman HM, Ahmed Ali U, Cirkel GA, Bollen TL, van Ramshorst B, Schaapherder AF, Witteman BJ, Ploeg RJ, van Goor H, van Laarhoven CJ, Tan AC, Brink MA, van der Harst E, Wahab PJ, van Eijck CH, Dejong CH, van Erpecum KJ, Akkermans LM, Gooszen HG; Dutch Acute Pancreatitis Study Group. Intestinal barrier dysfunction in a randomized trial of a specific probiotic composition in acute pancreatitis. *Ann Surg.* 2009 Nov;250(5):712-9. [IF: 7.4]
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48. Vrieling A, Rookus MA, Kampman E, Bonfrer JM, Bosma A, Cats a, van Doorn J, Korse CM, Witteman BJ, van Leeuwen FE, van't Veer LJ, Voskuil DW. No effect of red clover-derived isoflavone intervention on the insulin-like growth factor system in women at increased risk of colorectal cancer. *Cancer epidemiol biomarkers prev.* 2008 oct;17(10):2585-93. [IF: 4.7]
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19. Crohn's and Ulcerative colitis association lecture. Role of nutrition and supplements in Inflammatory Bowel Disease. 23 march 2017.
20. Probiotics in clinical practice. 5 lecture refresher evenings organized by Winclove. Target group: general practitioners, dietitians and nurses.
21. Interview Volkskrant. What should you (not) eat against farting? April 1, 2017 Annex Sir Edmund.
22. Interview for "my health guide". Why are intestines so important? By Yara Hooglust, August 2017.
23. Interview resource November 2017: smells and colors of faeces (by Aliëtte Jonkers).
24. Interview Algemeen dagblad nov 2017. The value of the "poeppest" in the first line.
25. 30% of people with bowel complaints experience relief after low- FODMAP diet. September 2017. [url=https://www.geldersevallei.nl/artsen/24/witteman-prof-dr-b-j-m-mdl-arts]Ben Witteman[/url]
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34. Santé 2018;oktober:12-17. De voedselabriek; je spijsvertering is een superslim systeem dat veel invloed heeft op hoe goed je je voelt. Hoe zit dat eigenlijk en hoe kun je je buik een plezier doen?
35. Interview over clinical nutrition taking on the challenge, for the World of Food Ingredients by Rob Barnhoorn. November 2018.

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#### Regional and National lectures over the last 4 Years:

2014

- Regioavond MDL; Defectionele klachten. Lezing over zorgpad functionele buikklachten. UMCG Groningen, (10-06-14).
- Avondsymposium over leverchirurgie in Gelderse Vallei. Lezing over perioperatieve voeding (26-06-14).
- Symposium Dutch Dietist Association (DVN). Gelderse Vallei Hospital. Lecture: "de wetenschappelijke achtergrond en effecten van het FODMaP arme dieet bij patiënten met functionele buikklachten" (02-07-14).
- Gut feeling: From "one size fits all" to more personalized approach: "iatrogene darmproblematiek". Bohn, Stafleu van Loghum. Houten (07-10-14).
- TEDx Ede: ted-talk: the important role of exercise and nutrition in the peri-operative period, Ede, 16-10-14.
- Important role of exercise and nutrition in interstitial lung disease. ILD-symposium, Ede, 19-11-14.
- Lecture: "het FODMAP-arme en glutenvrije dieet bij Irritable bowel disease". For the Dutch Dietist Cooperation (DCN), Zeist, 27-11-14)
- Case report on autoimmune hepatitis and primary biliary cirrhosis. Diner pensant, Maarssen, 01-12-14.

2015:

- Sense and non-sense of Probiotics. Auditorium, Gelderse Vallei Hospital. Ede, 13-02-15.
- Course "better in, better out". Lecture: Clinical aspects of peri-operative Nutrition. Utrecht, 03-03-15.
- Innovation meeting AVGV, Oost NV, Rabobank Vallei en Rijn; "voeding om gezondheid te bevorderen; workshop: waar liggen de kansen"? Ede, 13-03-15
- NVGE najaarsvergadering. Lecture: Clinical use of feeding tubes: best practice. Veldhoven, 20-03-15.
- Inaugural speech for the acceptance of my endowed chair: "Nutrition and intestinal health in transitional care". Wageningen, aula WUR, 21-05-15.

- "Food Unplugged" event, Ede. Lecture on the importance of peri-operative nutrition. Ede, 13-06-15.
- Lecture for "regionaal genootschap Duamutef": multidisciplinary approach of functional bowel disease. Zwolle, 11-06-15.
- Network meeting "Beter eten: voeding in de zorg" in collaboration with "Alliantie Voeding" and bureau "Alles is Gezondheid" of the Ministry of Health, Welfare and Sport. Lecture: "From knowledge to expertise, nutrition in transitional care". Ede, 23-06-15.
- "Role of probiotics in clinical practice". 2x evening symposium. Houten.
- farewell symposium Herman de Boon, chairman of the ZGV Supervisory Board: The role of nutrition in transitional care. Ede, 17-11-15.

#### 2016:

- New Year symposium. The Dutch Society for Surgery. "Succes met de goede voornemens top 6". Peri-operative Nutrition. St Radboud ziekenhuis, Nijmegen. 08-01-2016.
- "An apple a day.....". Lezing voor Stichts Genootschap. Utrecht, 20-01-16.
- Jeugdartsendag Gelderland 2016; Functional bowel disease: with special emphasis on the low-FODMAP diet. Reehorst Ede, 29-01-2016.
- Supply chain event management (SCEM) SCEM, knowledgeable by knowledge: symposium "van mond tot kont". Lecture: "baas in eigen buik". Reehorst Ede, 18-02-16.
- Evening symposium for association of gynecology: Cluster Nijmegen and hospital Gelderse Vallei. Lecture on Perioperative nutrition. Nijmegen, 23-02-16.
- Dutch Association for Gastroenterology (NVGE); Spring Meeting. Lecture on nutrition in acute care. Veldhoven, 18-03-16.
- GPs training: functional abdominal complaints, acid reflux and transitional nutritional care. Texel, 2/3-05-16.
- Young Food Supplement Professionals. Supplements in healthcare. Lecture: Dietary supplements: facts or fiction? Houten, 02-06-16.
- Congress "food lives". Lecture: Nutrition as a cornerstone of transitional nutritional care. Van Nelle Factory Rotterdam, 03-06-16.
- Dutch Association for Gastroenterology (NVGE); Autumn Meeting. Lecture: Good nutrition: the cornerstone of treatment in chronic diseases. Veldhoven, 07-10-16.
- National anesthesiologist association. Lecture about pre- and peroperative nutrition. Ede, 04-11-16.
- Congress "Voeding Nederland 2016", Utrecht. Lecture on diet and regimen for Somatic unexplained physical symptoms (SOLK). Utrecht, 13-12-16.

#### 2017:

- Lecture for the Irritable Bowel Patient Association. Is the low-FODMAP diet the solution for abdominal complaints? Ede, 23-02-17.
- Lecture for the Dutch allergy platform. Control over functional abdominal complaints: an utopia? with special attention to low-FODMAP diet. Amersfoort, 09-02-17.
- Potato congress, Amsterdam. Abdominal discomfort: Is the potato discredited? Amsterdam, 16-03-17.
- Public lecture Wageningen (WUR). How do you stay healthy with good nutrition? Hof van Wageningen, Wageningen 09-04-17.
- Lecture for Crohn's and colitis ulcerosa association nederland (CCUVN), Alkmaar. IBD: the role of food and nutritional supplements. 23-03-17.
- Lecture in St Jansdal hospital, Harderwijk. How do you initiate a care path for patients with functional abdominal complaints? 26-09-17.
- Probiotics in clinical practice. 5 national training events organized by Winclove. Target group: general practitioners, dietitians and nurses.
- "Stichts genootschap". Eosinofielic esophagitis; The role of an anti-allergic diet. Utrecht, 06-06-17.
- Lecture for MDL dieticians about nutrition, CBD and curcuma in inflammatory bowel disease. Amersfoort 02-10-17.
- Lecture on interpretation of laboratory values. Dietitians ZGV. Ede, 21-09-17.

#### 2018:

- Lecture on the role of the "anti-inflammatory diet" in IBD. Lecture for MDL-doctors in training. The post-ECCO symposium. Rosarium Amsterdam, 07-03-18.

- Lecture for the PAOH, UMCU / Julius Center. Nutrition in chronic bowel diseases. Zeist, 09-02-2018.
- Lecture on the role of nutrition in functional abdominal complaints. Congresses with care. Reehorst, Ede 14-03-18.
- Lecture for "Rijn IJssel conference". The role of the anti-inflammatory diet in IBD. Apeldoorn, 14-03-18.
- Lecture on "anti-inflammatory diet" in patients with inflammatory bowel disease. For the association "student and nutrition". VUMC, Amsterdam, 22-05-2018.
- Lecture for the association of anesthesiology. The role of nutrition in case of illness. Ede, 01-06-2018.
- Lecture for nurses of ZGV: Nutrition and (intestinal) health. Ede, Auditorium, 05-06-2018.
- Public lecture for the Crohn and Colitis Ulcerosa Association Netherlands (CCUVN). The role of food in IBD, St Jansdal hospital, Harderwijk, 12-06-2018.
- Food for Future symposium; Wageningen University 100 years! The role of nutrition in (chronic) diseases. 23-06-2018.
- Lecture for the Dutch Association of Clinical Chemists. The role of diet in disease / the role of the microbiome in obesity. Arnhem, Musis Sacrum, 04-10-2018.
- Lecture at the NESPEN meeting. The role of nutrition in chronic bowel diseases. Veldhoven, 05-10-2018.
- Regional information evening for the public. Everything about colorectal carcinoma and the role of population screening. Veenendaal, 04-09-2018. Ede, 28-11-2018.
- Young-NAV autumn forum 2018: "Role of Nutrition in the Medicine Curriculum". Utrecht, 01-11-18.
- The role of the microbiome in case of illness. PAOH course UMCU / Julius center. Zeist, 23-11-2018.
- Nutrition as "add-on" treatment for inflammatory bowel disease. Regional symposium North Netherlands. Drachten, Karmel-monastery, 29-11-2018.

2019:

- DEC symposium "alles op een Hoop". Rotterdam, Lantaren/Venster. Key-note lecture: voeding als medicijn. 22 januari.
- Nederlands Vereniging voor Bekkenfysiotherapie (NVFB). 38<sup>e</sup> congres: "Shit Happens....". NBC Nieuwegein 29/03/2019. Key-note lecture: Voeding bij ziekte.
- Nederlandse Zuivel Organisatie (NZO); congres: De toekomst van darmgezondheid. Corpus Leiden 28/03/2019. Key-note lecture: de rol van het darm-microbioom bij ziekte.
- Key-note lecture voor het 40 jarig jubileum van de CCUVN. 't Spant te Bussum, 13-04-2019: voeding als hoeksteen van de behandeling van IBD.
- IBS patiënt demografic and background; start of new human trial. IBS QUtrition expert meeting, 30-09-2019, Wageningen
- Het belang van goede voeding bij decubitus en wondherstel. Vereniging voor wondtherapeuten. 7-11-2019, Ede
- Videopresentatie over de (patho)fysiologie van buikklachten en de rol van leefstijl. Studio 24-kitchen. Foodfirst network, Houtem, 29-10-2019
- Waarom heeft iemand met een stoma hele voedselbrokken in zijn ontlasting? Interview voor het tijdschrift "Kijk".
- Interview voor tijdschrift "The world of food ingredients" door Rob Barnhoorn. Rubriek Health and Wellness. Clinical nutrition: Taking on the challenge.
- Interview tijdschrift Quest door Melanie Metz. Quest nr 183; mei 2019; blz 98-101. Rubriek Mens & Lichaam; Gejaagd door de wind.
- Opnamen voor Podcast: gezond gesprek met Ben Witteman: PDS en buikklachten. PlusOnline, Amsterdam, 8-7-2019.
- Interview voor voedingmegazine; Het klinische effect van probiotica. Voedingmegazine 2019;32(1):24-26.
- Interview algemeen dagblad: over poepen op het werk. 21/10/2019
- Interview voor radio Veronica; over poepen op het werk. 23/10/2019.
- Persbericht voor MLDS over belang van vezels. <https://www.mlids.nl/massale-vezeldip-op-zaterdag/> 5/11-2019.

2020

1. 08-06-2020: Cursorisch onderwijs in MDL-ziekten. Studio AVEX. Utrecht. Webinar over refeeding syndroom.
2. Leefstijladviezen bij de behandeling van (chronische)ziekten: werkbare aanpak voor de medicus. 13<sup>e</sup> Nationale Voedings Congres. 20-11-20/Webcast Voeding en IBD. In samenwerking met e CCUVN. 09-07-2020. <https://www.crohn-colitis.nl/nieuws/webcast-online-ee-wetenschappelijke-kijk-op-voeding-en-ibd/>
3. Interview Parool voor rubriek eten en drinken: Korreltje zout; zin en onzin over ons eten en drinken. Kumbucha. 16-06-2020.
4. Interview voor de rubriek Koken en Weten van het Algemeen Dagblad. Door Tijn Elferink. Kun je aan je scheten ruiken wat je hebt gegeten? Augustus 2020.
5. Interview gezondheidsgids: Fermenteren; van Kumbucha tot Zuurkool. Mary Stottelaar, Augustus 2020;blz 8-11.
6. Voeding is de sleutel tot betere zorg. Voedingsadviezen voor stomapatiënten. Door Rietje Krijnen Stoma vereniging Nederland. 2020. <https://lnkd.in/dg5m-nm>
7. Belangrijke rol vezels in voeding onderschat: mens en varken kunnen niet zonder verteerbare vezels. Varkens.nl; dec 2020. <https://www.varkens.nl/nieuws/2020/12/30/rol-vezels-in-voeding-wordt-onderschat>

Prof. Dr. B.J.M. Witteman, Gastroenterologist and Hepatologist (updated januari 2022)