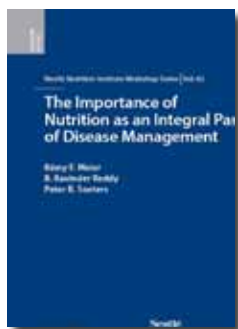


THE IMPORTANCE OF NUTRITION AS AN INTEGRAL PART OF DISEASE MANAGEMENT

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The scientific evidence clearly shows the important role of nutrition in the prevention and management of diseases. However, in clinical practice nutritional issues are often overlooked, which may lead to neglect of nutritional needs of patients with consequences such as increase in complications, higher mortality or more hospital readmissions.

Continuous efforts are needed to increase awareness and to stimulate nutritional practices. The book “The importance of nutrition as an integral part of disease management” is a reflection of clinical nutrition-related topics discussed during the 12th Nestlé Clinical Nutrition course in New Delhi, India, in 2013. It includes twelve articles written by an international team of expert contributors and addresses a variety of topics ranging from basic physiology to the implementation of nutritional practices in the hospital.

The first article deals with malnutrition being a common event of hospitalized patients that has many undesirable consequences for the patient. Malnutrition is often overlooked, therefore it should be actively pursued by a system of nutrition screening to detect those who are at risk. An overview of screening tools and examination techniques is presented, together with the options for nutritional interventions, including the use of immunonutrients and other special substrates. The following paper is addressing changes in metabolism associated with starvation and stress. Metabolism of proteins, fats and carbohydrates in starved state and situations of illness or trauma is discussed. Important viewpoints are the beneficial effects of insulin resistance and the important role of glucose. The next review deals with the non-caloric benefits of carbohydrates that are due to content of dietary fibre in food. A wide range of physiological effects of fibre resulting in gastrointestinal and systemic benefits is discussed, together with their consequences on incidence rates of atherosclerosis, hypertension, stroke or cardiovascular disease. The book offers also a non-traditional insight into the biological value of proteins that extends beyond their amino-acid composition and digestibility, and is focused on factors that support the maintenance of the muscle mass. Whey seems to be specifically suitable for the elderly who typically present “anabolic resistance” to dietary protein. Possible mechanisms are discussed.

The title “Enteral Nutrition: Whom, Why, When, What and Where to Feed” clearly indicates the content

of the article that provides an overview of a broad topic in a nutshell. Enteral/oral nutrition of patients not only covers nutritional requirements, it also has many beneficial effects on the gut: it stimulates motility, maintains the intestinal integrity, decreases the inflammation and mucosal permeability in association with preserving a healthy microbiome. The next series of articles discuss the nutritional issues in patients with short bowel syndrome, cancer, individuals in perioperative state, critically ill patients and patients with metabolic syndrome. The metabolic changes in cancer patients, timing of nutrition and use of supplements are discussed. If the possibility exists, even in patients with cancer individualized oral nutrition should be the preferred route of feeding. On the other hand, patients with massive bowel restriction mostly cannot survive without intravenous feeding. A review article outlines the principles behind diagnosis, assessing prognosis, management of these patients as well as the role of enteral and total parenteral nutrition. Nutrition therapy provided in the critical care setting has been shown to improve the outcome, and similarly, nutrition intervention plays important role also in the perioperative period. Still, many uncertainties exist, including whom to nourish, what is the best nutritional formula and how to optimize enteral nutrition. In recent decades, the metabolic syndrome has become an epidemic all over the world with many adverse consequences. Management of metabolic syndrome is addressed including the benefits and side effects of drugs, and the crucial role of obesity prevention.

An important topic discussed in the book is the problem of frailty, which is a reversible state characterized by limitations and impairments without disability. It is frequent in the elderly and makes them at increased risk of negative health-related events. It is important to detect frailty to prevent further disabilities. A multidisciplinary approach is necessary in which nutrition plays a significant role.

Finally, the readers get an insight into the application of economic theory to medical nutrition. As the link between consumption of a food product and the resulting health status is often more difficult to establish than the effect of a drug treatment, it requires further development of adapted methodologies in order to correctly predict the impact of food-related health effects and health economic outcomes from a broader perspective.

The book offers many new, non-traditional and interesting insights into the topic, the text is well organized and attractive to read. Each article includes a list of references, which may be appreciated by the readers who are interested in more details of the respective topic. The book provides expert knowledge that can help the practitioners to make appropriate choices to implement nutritional practices with benefits to the population at large as well as clinical patients. It can also serve as an excellent source of for educators and students.

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