



# Nutrition Research Review

## ANHI | July 2024

### Comprehensive Nutrition Guidelines & Management Strategies for Enteropathy in Children

**Publication:** Seminars in Pediatric Surgery

**Publish Date:** June 2024

**Authors:** Savoca ML, Brownell JN

#### SUMMARY

This article discusses nutrition interventions; principles of dietary education and patient counseling; and monitoring parameters in pediatric populations with protein losing enteropathy (PLE) based on experience in a clinical referral practice focused on this population.

PLE refers to the loss of serum proteins from the digestive tract, often due to abnormalities in lymphatic flow. In children with PLE, the duodenum (part of the small intestine) is particularly susceptible to lymphatic leaks. Treatment typically involves medications like diuretics and steroids to reduce inflammation. If symptoms persist, comprehensive lymphatic imaging and targeted embolization may be recommended to seal leaking lymphatic channels. Additionally, a low-fat, high-protein diet, dietary

supplements, and intravenous protein infusions can help manage PLE. Treating the underlying condition is crucial for resolving PLE-related issues.

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## Ultrasound Cut-Off Values for Rectus Femoris for Detecting Sarcopenia in Patients with Nutritional Risk

**Publication:** Nutrients

**Publish Date:** May 2024

**Authors:** Roman DL, Almeida JMG, Guerrero DB, Rolo GG, Martín A, Martín DP, García-Delgado Y, Guirado-Peláez P, Palmas F, Pérez CT, Olivares MG, Jiménez MM, Lesmes IB, Teomiro CMA, Baena JMG, Romero LAC, Prior-Sánchez I, García-Luna PP, Pacheco MG, Martínez-Olmos MA, Alabadí B, Alcántara-Aragón V, Milla SP, Folgueras TM, García AM, Molina-Baena B, Barragán HR, de Vera Gómez PR, Fernández MR, Portilla AJ, López-Gómez JJ, Martín NP, Madrid NM, Eguinoa AZ, Fernández CP, Guerrero MJT, Aguado MR, Gimeno CV, Martínez ADH, Rodríguez MN, Hernández NCI, de Damas Medina M, Navarro IG, López FJV, Fernández-Pombo A, Oliveira G

### SUMMARY

The nationwide DRECO (the Disease-Related caloric-protein malnutrition EChOgraphy) study aimed to assess the use of rectus femoris ultrasound for detecting sarcopenia in hospitalized patients at risk of malnutrition and to establish ultrasound cut-off values. Patients at malnutrition risk underwent handgrip dynamometry, bioelectrical impedance analysis (BIA), a Timed Up and Go (TUG) test, and rectus femoris ultrasound studies. Sarcopenia categories were defined using EWGSOP2 criteria. Of 991 subjects, 9.6% had a risk of sarcopenia, 14% had probable sarcopenia, 9.7% had confirmed sarcopenia and 3.9% had severe sarcopenia, with significant gender differences ( $p < 0.0001$ ). The cross-sectional area (CSA) of the rectus femoris correlated positively with body cell mass of BIA and handgrip strength and negatively with TUG. The optimal cut-off points of ultrasound measures for diagnosing various levels of sarcopenia were determined, and cut-off values were similar within each category of sarcopenia, particularly for confirmed and severe sarcopenia. The authors concluded that ultrasound of the rectus femoris could be used to predict sarcopenia and integrate nutritional study into clinical practice.

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## Dietary Management of Eosinophilic Esophagitis

**Publication:** Immunology & Allergy Clinics of North America

**Publish Date:** May 2024

**Authors:** Lucendo A, Groetch M, Gonsalves N

### SUMMARY

Eosinophilic Esophagitis (EoE) is a chronic immune-mediated condition characterized by inflammation of the esophagus due to food allergies. Research has highlighted the importance of removing specific food antigens to achieve disease remission in both children and adults. As a result, dietary therapy has gained interest and evolved as a treatment approach for EoE. This article discusses the rationale behind dietary therapy and offers practical guidance for its implementation.

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## Prevention, Assessment & Management of Malnutrition in Older Adults with Early Stages of Cognitive Disorders

**Publication:** Nutrients

**Publish Date:** May 2024

**Authors:** Loda I, D'Angelo E, Marzetti E, Kerminen H

### SUMMARY

Malnutrition is common in older adults, and the prevalence is greater for those in the early stages of cognitive disorders and those living with dementia. This article reviews malnutrition prevention, assessment, and management, emphasizing early cognitive disorder stages. Strategies include systematic screening for malnutrition and the thorough evaluation of those found to be at risk. The management of malnutrition should be personalized according to the individual's specific characteristics. An overview of the evidence on vitamin supplements and specific dietary patterns to prevent cognitive decline or attenuate its progression is presented.

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# The Effects of Weight Loss Interventions on Children & Adolescents with Non-Alcoholic Fatty Liver Disease: A Systematic Review & Meta-Analysis

**Publication:** Obesity Science & Practice

**Publish Date:** April 2024

**Authors:** Sohouli MH, Bagheri SE, Fatahi S, Rohani P

## SUMMARY

The impact of lifestyle modifications, particularly weight loss interventions, on nonalcoholic fatty liver disease (NAFLD) remains uncertain. This study explored the effects of weight loss interventions in children and adolescents with NAFLD. Researchers analyzed controlled trials from databases like PubMed, Web of Science, and Embase. Intensive weight loss interventions were associated with significant reductions in glucose, insulin, HOMA-IR, weight, BMI, BMI Z-score, waist circumference, triglycerides, and aspartate transaminase (AST). However, no significant changes were observed in total cholesterol, LDL-C, HDL-C, ALT, or hepatic steatosis grades. Weight loss interventions impact key NAFLD-related parameters, but further research is needed.

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## Associations Between Sarcopenia & Circulating Branched-Chain Amino Acids: A Cross-Sectional Study Over 100,000 Participants

**Publication:** BMC Geriatrics

**Publish Date:** June 2024

**Authors:** Liu HM, Zhang Q, Hao QM, Li QS, Yang LF, Yang X, Wang KX, Teng JF, Gong Z, Jia YJ

## SUMMARY

Emerging evidence links BCAA metabolism alterations to sarcopenia, but the relationship is unclear and conflicting. This study of over 100,000 UK adults explored the association between BCAAs and sarcopenia, examining muscle mass's role in mediating

the relationship between BCAAs and muscle strength. Multivariable and logistic regression analyses examined the relationship between circulating BCAAs, muscle mass/strength, and sarcopenia risk. Subgroup analyses explored variations by age and gender. Mediation analysis investigated muscle mass's role in the BCAA-muscle strength relationship. Among 108,017 participants, BCAAs were positively associated with muscle mass and strength. Higher circulating valine levels were associated with a 47% lower sarcopenia risk. Strong associations were observed in men and those aged  $\geq 60$  years. Mediation analysis indicated muscle mass fully mediated BCAA and valine levels on strength and partially mediated the relationship between leucine levels and muscle strength, obscuring the effect of isoleucine on muscle strength. The study suggests BCAAs may preserve muscle mass/strength, with muscle mass mediating their effect. These results offer insights into sarcopenia prevention and treatment.

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