



# JANUARY 2019 NEWSLETTER

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## 40TH ESPEN CONGRESS



### Nutrition strategies to tackle loss of muscle mass and improve patient outcomes across the healthcare continuum

Many patients are at risk for muscle loss, which can negatively impact outcomes including quality of life, length of stay, recovery, hospital readmission, and survival. At the 40th ESPEN Congress in Madrid, Spain, three experts in cancer-associated cachexia, chronic obstructive pulmonary disease, and critical care, discussed nutrition strategies to maintain muscle mass and improve patient outcomes.

- **Dr Alessandro Laviano:** The Cancer Journey: Role of Muscle & Nutrition
- **Professor Annemie Schols:** COPD & Muscle Mass Loss
- **Dr Paul Wischmeyer:** Nutrition to Support Muscle Mass in the ICU Patient

**WATCH VIDEOS**

## SMALL BABY MODULES

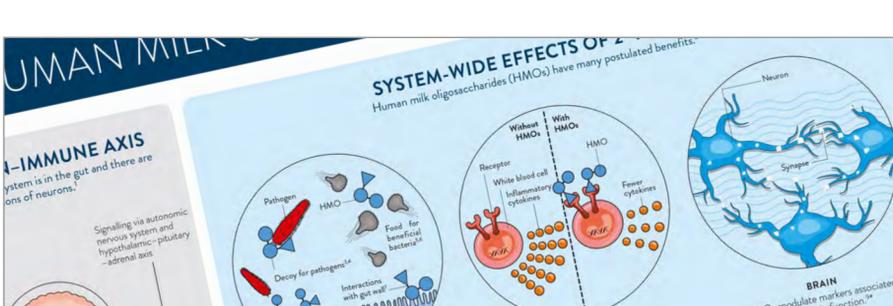


In this continuing education series, you'll learn about necrotizing enterocolitis prevention; pre-feeding interventions; small baby outcomes; the benefits of breast milk and breastfeeding; and growth failure prevention. This course curriculum was developed by Engage Grow Thrive, as part of a Small Baby Care Specialist® Program.

**FREE Continuing Education:** Up to 6.5 RN CE; 6.5 RD CPEU

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## 2'-FL HMO INFOGRAPHIC FOR HCPs



Recent studies show that 2'-fucosyllactose (2'-FL) human milk oligosaccharide (HMO)—the most abundant prebiotic found naturally in human milk—can serve as food for beneficial bacteria in the infant gut.

This infographic explains how 2'-FL HMO interacts in the gut, immune system, and brain. It also presents the important outcomes and benefits of 2'-FL HMO, as discovered through clinical and preclinical research.

**DOWNLOAD INFOGRAPHIC**

### Related resources:

- Infographic for HCPs: [Human Milk Oligosaccharides: Nourishing the Infant's Developing Immune System](#)
- Infographic for Patients: [Human Milk Oligosaccharides: Understanding Prebiotics](#)

## IMPLICATIONS OF LOW MUSCLE MASS



The *Annals of Medicine* recently published the article, "Implications of Low Muscle Mass Across the Continuum of Care: A Narrative Review," authored by Carla M. Prado, Sarah A. Purcell, Carolyn Alish, Suzette L. Pereira, Nicolaas E. Deutz, Daren K. Heyland, Bret H. Goodpaster, Kelly A. Tappenden, and Steven B. Heymsfield.

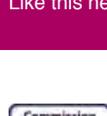
This narrative review provides an overview of the implications of low muscle mass on healthy outcomes for patients in inpatient, outpatient, and long-term care clinical settings.

**READ ARTICLE**

### Related resources:

- **Infographic for HCPs:** [Why Maintaining Muscle Matters](#)

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