



ANHI
ABBOTT NUTRITION
HEALTH INSTITUTE



ANHI SPECIAL REPORT :: NUTRITION & IMMUNITY

In the wake of the novel coronavirus, COVID-19, it's our goal to remain a trusted resource for you. Good nutrition is key to immune health. With this in mind, we've created this Special Report to offer you our best curation of nutrition and immunity education resources.

- Visit anhi.org for science-based nutrition education and resources on nutrition and immunity
- Read these [myth-busting facts](#) from the World Health Organization
- Review this comprehensive [list of symptoms](#) (and see other resources) from the National Institutes of Health
- [See patient-facing articles](#) on nutrition and immune health from Abbott's Nutrition Newsroom
- [See advice for patients](#) on using good nutrition to help keep the immune systems healthy, from the Academy of Nutrition and Dietetics
- [Download infographics](#) for you and your patients
- For assistance and general information, please call our toll-free number, 1 (800) 227-5767 Monday through Friday, 8:30 AM-5 PM ET, or complete our [online form](#)

[SEE MORE NUTRITION SCIENCE EDUCATION & RESOURCES](#)



PODCASTS ON NUTRITION & IMMUNITY

We met recently with Professor Nicolaas Deutz, MD, PhD to discuss the [impact of pandemics on older adults](#), and the specific [nutritional needs of Covid-19 patients in-hospital and post discharge](#). In both podcast episodes, Dr Deutz focuses on the recommendations and best practices the European Society for Clinical Nutrition & Metabolism (ESPEN) recently published for nutritional care to support improved outcomes in people and patients with Covid-19.

Looking for more podcasts? We're working on a series of additional podcasts related to Covid-19. Make sure you don't miss an episode. Follow us on the [ANHI LinkedIn page](#) to be notified when each episode is available.

[HEAR PODCASTS](#)



INFOGRAPHIC FOR PATIENTS: NUTRITION & IMMUNITY

Good nutrition can help support immune health. And, the immune system can help fight infection after being exposed to bacteria and viruses. Download our Nutrition & Immunity infographic and share it with your patients to help them learn what to do to stay healthy and strong.

The infographic offers:

- A description of the immune system's role in overall health
- A list of some of the key factors that help keep the immune system strong
- A breakdown of some of the nutritional elements that help boost immunity
- Information about the important role hydration can play in fighting bacterial and viral illnesses

[DOWNLOAD INFOGRAPHIC](#)

IS DEHYDRATION ON YOUR RADAR?

WHAT IS DEHYDRATION?

Dehydration occurs when you take in less fluids than you lose. While it's natural to lose water through normal bodily functions such as sweating, going to the bathroom, or breathing, it is important to consume fluids to maintain the proper balance.

COMMON WAYS TO BECOME DEHYDRATED

COMMON SIGNS AND SYMPTOMS



INFOGRAPHIC FOR PATIENTS :: DEHYDRATION

We lose water naturally every day, but dehydration occurs when we lose more fluids than we take in. Because humans are made up mostly of water and electrolytes, we need to maintain a proper balance in our system. This means staying hydrated throughout the day to regulate our moods, boost brain function, prevent fatigue, and more.

Print and share this infographic to teach your patients how to:

- Consider common ways dehydration can occur
- Recognize dehydration's signs and symptoms
- Understand dehydration's effects
- Know how to replenish water and electrolytes

- Avoid dehydration altogether

[DEHYDRATION INFOGRAPHIC](#)



VIDEO :: NUTRITION & IMMUNE HEALTH WITH DR PHILIP CALDER

Dr Philip Calder opens this video with an overview of the human immune system, including the balancing concepts of immune tolerance and immune activation. He explains the role of nutrition in supporting immune system function and helping improve response to infection, while also highlighting the negative impact of micronutrient deficiency on immune function in several clinical studies. He closes with discussion of the gut-associated lymphoid tissue (GALT) and how it samples food and microbe antigens from the gut lumen.

[WATCH VIDEO](#)

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Abbott Nutrition Health Institute is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive Continuing Professional Education Units (CPEUs) for completion of these activities/materials.

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