



AUGUST 2018 NEWSLETTER

DIABETES INFOGRAPHICS FOR PATIENTS

Diabetes is on the rise. According to the [World Health Organization](#), one in every 11 people on the planet has the disease, and most are type 2 patients.

For people who are newly diagnosed with pre- or type 2 diabetes, it's sometimes hard to see a clear path to healthier living. We've created four new infographics you can download, print, and share with your patients to help them stay informed and motivated at home.

- [Infographic 1](#): What is diabetes?
- [Infographic 2](#): What are the signs and symptoms of hypo- and hyperglycemia?
- [Infographic 3](#): How should you change your eating habits?
- [Infographic 4](#): How should you plan your meals?

You can find these infographics and more on the [ANHI.org RESOURCES](#) page.

[SEE INFOGRAPHICS](#)

Want to learn more? In our new self-study program—**An Interdisciplinary Approach to Diabetes Care**—you'll learn about the different types of tests and treatments for newly diagnosed patients with type 2 diabetes or prediabetes, and you'll learn how to identify the touchpoints for self-management and support. [Register now.](#)

FREE Continuing Education: 1.0 RN CE, 1.0 RD CPEU, 1.0 CCM CE

QUOTE OF THE MONTH



Sharon Groh-Wargo, PhD, RD, LD
MetroHealth Medical Center;
Case Western Reserve University
Cleveland, Ohio, USA

Watch this short interview with Sharon Groh-Wargo, filmed during the Neonatal Total Nutrition Therapy (Neo-TNT) program, presented in Paris, France.

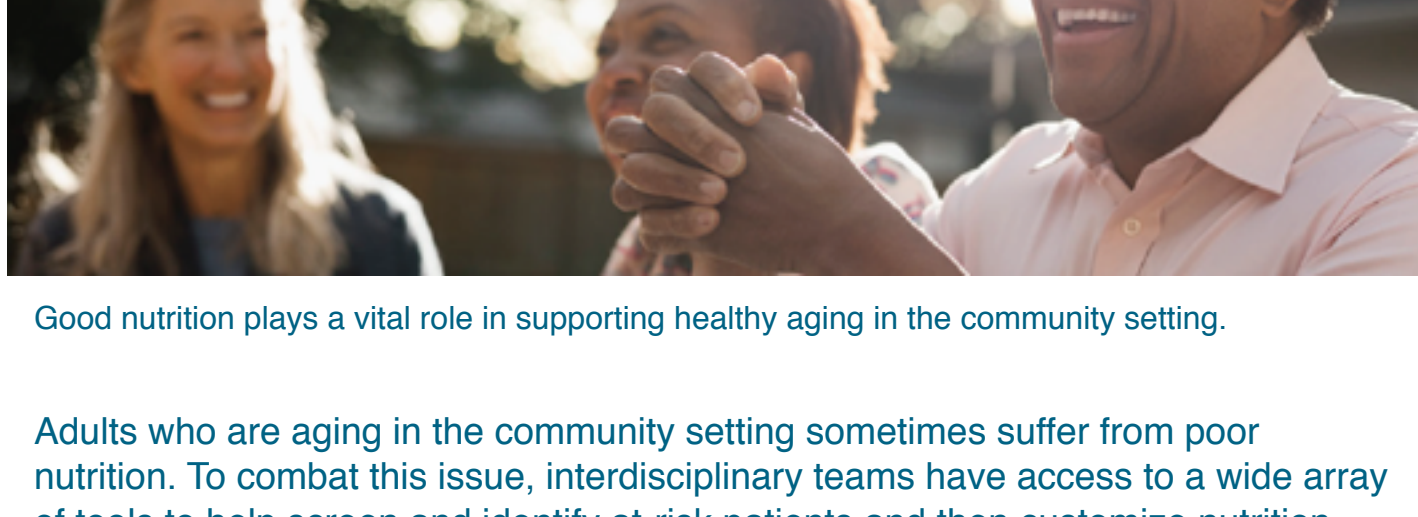
"Preterm growth velocity is a way to evaluate the rate of growth. You can put babies on a growth chart, which will show trends. But calculating velocity can really give you a specific parameter for the rate of weight gain...there's a nice equation available in the literature, and I'll be talking about how to use that equation to calculate growth velocity accurately [in the video, Overview of Preterm Infant Growth and Nutrition Assessment]."

Sharon Groh-Wargo, PhD, RD, LD
MetroHealth Medical Center, Case Western Reserve University
Cleveland, Ohio, USA

[WATCH VIDEO](#)

Want to learn more? The Neonatal Total Nutrition Therapy (Neo-TNT) series of educational programs helps empower healthcare professionals to improve care for neonatal patients and educate parents and caregivers on the importance of early nutrition intervention to support preterm growth and development. [See the full program](#) on the Neo-TNT Conference page on ANHI.org.

SHORT ROLE-PLAY VIDEOS: EDUCATE YOUR PATIENTS ABOUT NUTRITION



Good nutrition plays a vital role in supporting healthy aging in the community setting.

Adults who are aging in the community setting sometimes suffer from poor nutrition. To combat this issue, interdisciplinary teams have access to a wide array of tools to help screen and identify at-risk patients and then customize nutrition strategies at home or in the community.

In our new series of role-play videos—**Educate Your Patients About Nutrition**—April Schetler, MS, RD, FAND, will show you how to:

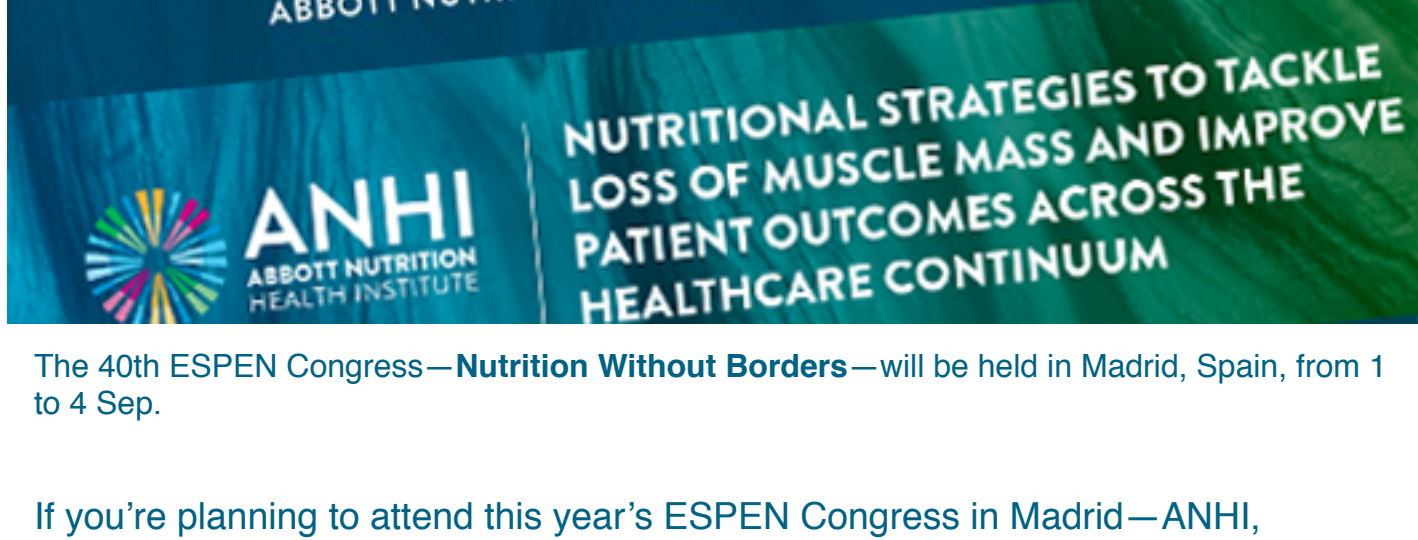
- [Keep it simple](#) - Teach patients to improve their nutrition by making small, realistic changes to what they eat.
- [Take your time](#) - Take time to listen to patients before teaching them how best to improve their nutrition.
- [Be positive](#) - Educate patients through positive messaging and identifying change barriers.

[WATCH VIDEOS](#)

Want to learn more? In our two-course self-study program—**Strengthening Health Outcomes in the Community Population**—you'll learn about evidence and guidelines for nutrition intervention in the community setting, review the benefits of nutrition intervention, and more. **Register now** for [Part 1](#) and [Part 2](#).

FREE Continuing Education (per course): 1.0 RN CE, 1.0 RD CPEU, 1.0 CCM CE

JOIN US AT ESPEN 2018



The 40th ESPEN Congress—**Nutrition Without Borders**—will be held in Madrid, Spain, from 1 to 4 Sep.

If you're planning to attend this year's ESPEN Congress in Madrid—ANHI, together with Abbott, cordially invites you to attend our series of educational programs focusing on the role nutrition can play in helping patients build strength and overall wellness.

- **1 Sep:** Satellite Symposium – “Nutritional strategies to tackle loss of muscle mass and improve patient outcomes across the healthcare continuum”
- **3 Sep:** Dr Paul Wischmeyer – **Topic:** The importance of muscle mass/lean mass and nutrition intervention in the acute care setting/ICU
- **4 Sep:** Dr Alessandro Laviano – **Topic:** The role of muscle mass/lean mass and the changing nutrition therapy needs across the cancer journey

Enroll today to reserve your space in these key discussions. We look forward to seeing you at the congress!

[REGISTER](#)

THE TREND TO BLEND – REAL-FOOD TUBE-FEEDING



Using real food in a blenderized tube-feeding diet can help improve gastrointestinal symptoms, increase dietary variety, and more.

There's an increased interest in offering real foods as part of a blenderized tube-feeding diet. There are benefits to this approach, including improved feeding tolerance and overall health benefits. However, there are also several considerations to keep in mind.

In this course, Katherine Bennett, RD, MPH, CLEC, reviews the growing trend, use, benefits, and risks of the blenderized tube-feeding diet and discusses how clinicians can assure complete nutrition in this patient population.

FREE Continuing Education: 1.0 RN CE, 1.0 RD CPEU, 1.0 CCM CE

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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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