



JULY 2018 NEWSLETTER

FREE CE: COW'S MILK ALLERGY

The National Institute of Allergy and Infectious Diseases estimates that 3% of people worldwide suffer from cow's milk allergy, with higher incidence rates presenting in children than in adults. An affected patient suffers an allergic reaction when the immune system responds to the proteins in cow's milk by producing protein-fighting antibodies.

The good news is that most affected children outgrow the allergy by age 5. Meanwhile, it can take families time to learn how to build cow-milk-free diets for their children that are both safe and nutritious.

In our new self-study course, **"Clinical Presentation of Cow's Milk Allergy in Infants & Children,"** you'll identify the scientific features of cow's milk allergy, review dietary management for infants with allergic symptoms, and more.

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

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QUOTE OF THE MONTH



Ethan A. Mezoff, MD

The Ohio State University
College of Medicine
Nationwide Children's Hospital
Columbus, Ohio, USA

Dr Ethan Mezoff presented the history and biology of human milk oligosaccharides (HMOs), on 1 March 2018, at the International Conference on Nutrition & Growth, in Paris, France.

"Clinical and preclinical data suggest multiple health benefits of 2'-FL [the most abundant human milk oligosaccharide]. It seems to have a positive and lasting impact on cognition...it can reduce allergy and infectious enteritis...it's a prebiotic and can be supportive in times of stress...it can impact motility; and human studies show that it's well-tolerated and doesn't interfere with growth of infants... How can we use 2'-FL to better the health of infants, to improve health outcomes, and to benefit infants in the NICU?"

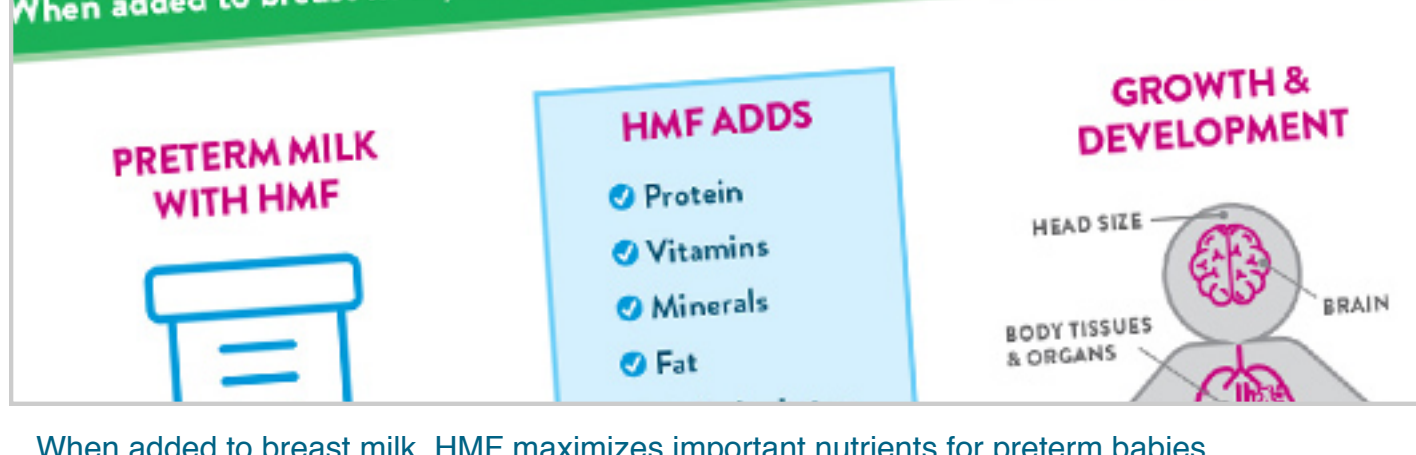
Ethan A Mezoff, MD
The Ohio State University, College of Medicine
From "Global Advances in Pediatric Nutrition"

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Want to learn more? [Take our new self-study course](#), "HMO for Gut Health, Immunity & Beyond." In this course, Dr Mezoff reviews the history, source, and biology of human milk oligosaccharides; provides the rationale for the current focus on 2'-FL; and reviews the clinical and preclinical evidence-based research supporting the impact of 2'-FL on health.

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ADVANCES IN HUMAN MILK FORTIFICATION



When added to breast milk, HMF maximizes important nutrients for preterm babies.

The [World Health Organization](#) estimates that more than 15 million babies across the globe are born preterm (before 37 weeks of gestation) each year; that's more than 1 out of every 10 births. These tiny babies often require neonatal intensive care, and sometimes need more calories and nutrients than full-term babies.

In our new self-study program, **"Advances in Human Milk Fortification: Evidence for Preterm Infants, Part 1,"** you'll review the challenges of meeting the nutritional needs of premature infants, and discuss strategies for human milk fortification.

FREE Continuing Education Units: 0.5 RN CE, 0.5 RD CPEU

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BONUS: We've also created an [infographic](#) you can print and share with parents of preterm infants. **This is our first of many patient-facing materials.** We hope you'll [tell us what you think](#).

NUTRITION INTERVENTION FOR HEALTHY CHILDHOOD GROWTH



According to the Levels & Trends in Child Malnutrition report, *"Malnutrition rates remain alarming: stunting is declining too slowly while wasting still impacts the lives of far too many young children."*

UNICEF, The World Health Organization, and the World Bank Group recently joined to publish **"Levels & Trends in Child Malnutrition,"** a report on the state of pediatric malnutrition around the globe. Here are some key findings:

- Stunting affects up to 22.2 percent (150.8 million) of children younger than 5 years old.
- In 2017, wasting threatened the lives of 7.5 percent (50.5 million) of children younger than 5.
- 5.6 percent (38.3 million) of children younger than 5 were overweight in 2017.

In our new self-study course, **"Nutrition Intervention for Healthy Childhood Growth,"** you'll identify essential methods and techniques to monitor growth in healthy children, and understand the key risk factors for undernutrition in young children.

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

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INFOGRAPHIC: STRUCTURED LIPIDS



Normal human growth, development, and weight maintenance are dependent on the intake of dietary fat. In many gastrointestinal conditions, the body is unable to absorb fatty acids effectively.

Structured lipids can help by providing:

- An easily digested source of fat
- Enhanced fatty acid and fat-soluble vitamin absorption
- Improved energy delivery to peripheral tissues

In our new infographic, you'll learn more about what structured lipids are, how they're made, how they work, and why they're important. Print your copy today.

[SEE INFOGRAPHIC](#)

Want to learn more? [Take our new self-study course](#), **"Management of Gastrointestinal (GI) Dysfunction."** In this course, Dr DeMichele defines structured lipids; describes how structured lipids enhance the absorption of fat in patients with GI dysfunction; and discusses how these novel lipids enhance absorption of fat-soluble vitamins.

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