



# ESPEN 2018 HIGHLIGHTS

*The 40th Congress of the European Society for Clinical Nutrition and Metabolism (ESPEN) was held in Madrid from 1 to 4 September, 2018.*

**Dr André Van Gossum (Belgium, ESPEN Chairman)** warmly welcomed ESPEN delegates to Spain. The Congress theme, Nutrition without Borders, was selected to inspire physicians, dietitians, pharmacists, scientists, and nurses to work together in harnessing the benefits of nutrition to maintain health and to support recovery from illness or injury.

*Clinical Nutrition News is an educational service of Abbott Nutrition. Each report represents a recent nutrition conference and the content is intended to help healthcare professionals keep up with state-of-the-art nutrition research and therapy.*

## NUTRITIONAL STRATEGIES TO TACKLE LOSS OF MUSCLE

The Abbott Nutrition Health Institute (ANHI) sponsored a symposium on new ways to tackle loss of muscle; presentations by Drs Alessandro Laviano (Italy), Annemie Schols (Netherlands), and Paul Wischmeyer (USA). They highlighted nutritional strategies to prevent muscle loss and restore muscle in patients with cancer, chronic obstructive pulmonary disease (COPD), and those who experienced illness or injury that required ICU care.

[Read key insights](#) from the ANHI symposium.



Dr Alessandro Laviano  
(Italy)



Dr Annemie Schols  
(Netherlands)



Dr Paul Wischmeyer  
(USA)

## HOT OFF THE PRESS: NEWS ON MALNUTRITION AND DIAGNOSIS

**Experts of the Global Leadership in Malnutrition (GLIM) group** have just published a clear and simple paradigm for diagnosis of malnutrition that is based on presence of specific causative (etiologic) factors and characteristic (phenotypic) signs. This straightforward strategy is intended to harmonize malnutrition care and research worldwide.

[Receive guidance](#) on key aspects of the new diagnostic criteria for malnutrition.

[Read the GLIM paper](#) in full.





## NUTRITION AT THE CROSSROADS

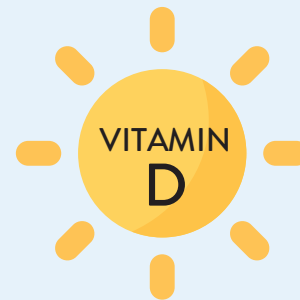
According to Tommy Cederholm (Sweden), winner of the prestigious Arvid Wretling Nutrition Award, we have reached a crossroads of understanding a complex range of conditions related to nutrition. Clearly, not all malnutrition is the same. Thus, not all treatments for malnutrition are the same.

[Read more](#) about tailored treatment for nutrition-related conditions - starvation, disease-related malnutrition, cachexia, frailty, and sarcopenia.

## THE SUNSHINE VITAMIN D IS A HOT TOPIC

New research findings suggest that the correction of vitamin D deficiencies can benefit a wide range of body systems and conditions—cardiovascular disease, diabetes, immune disorders such as rheumatoid arthritis and multiple sclerosis, colorectal cancer, and male and female reproduction.

[Read more](#) about vitamin D benefits throughout the body.



## IS DIETARY PROTEIN INTAKE A “FOUNTAIN OF YOUTH” FOR OLDER PEOPLE?

Progressive loss of muscle and reduced mobility have long been thought to be natural and unavoidable consequences of aging. In her Cuthbertson Award Lecture, Dr Elena Volpi reported on evidence-based ways older people can prevent or delay muscle loss and extend robust living. She showed evidence that adequate dietary protein intake is key to healthy muscle in older age, and regular exercise is imperative too.

For highlights from Dr Volpi’s lecture on how and why dietary protein matters [CLICK HERE](#)



## NUTRITION IN THE SPOTLIGHT FOR PERIOPERATIVE CARE AND IMPROVED RECOVERY AFTER SURGERY

Nutrition is an important component of the care protocol called Enhanced Recovery After Surgery (ERAS). Nutrition care improves surgical outcomes by reducing infectious complications, shortening length of hospital stay, speeding recovery, and even reducing costs of care related to the surgical episode.

[Learn more](#) about how a focus on nutrition before, during, and after surgery can reduce complications and improve patient outcomes.

## RECENTLY UPDATED ESPEN NUTRITION GUIDELINES

For the newest ESPEN guideline/position papers on nutrition care for:

Geriatric patients (2018) [CLICK HERE](#)

Patients in ICU (2018) [CLICK HERE](#)

Cancer patients (2017) [CLICK HERE](#)

Surgery patients (2017) [CLICK HERE](#)

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