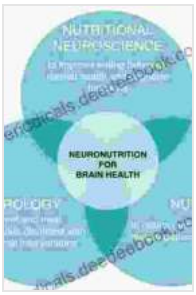
Nutrition in Neurologic Disorders: A Practical Guide to Improve Patient Outcomes

Neurologic disorders are a diverse group of conditions that affect the nervous system. They can range in severity from mild to life-threatening, and they can affect people of all ages. Many neurologic disorders are associated with malnutrition, which can worsen the symptoms of the disorder and lead to further health complications.

This practical guide provides an overview of the nutritional needs of people with neurologic disorders. It discusses the causes of malnutrition in neurologic disorders, the nutritional assessment process, and the dietary recommendations for people with specific neurologic disorders. The guide also includes information on enteral and parenteral nutrition, which may be necessary for people who are unable to meet their nutritional needs through oral intake.

There are a number of factors that can contribute to malnutrition in neurologic disorders. These factors include:



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by Adolph Barr

4.6 out of 5

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Enhanced typesetting	: Enabled
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- **Dysphagia:** Difficulty swallowing is a common problem in people with neurologic disorders. Dysphagia can make it difficult to eat and drink enough food to meet nutritional needs.
- **Anorexia:** Loss of appetite is another common problem in people with neurologic disorders. Anorexia can be caused by a number of factors, including the disorder itself, medications, and depression.
- **Nausea and vomiting:** Nausea and vomiting can also contribute to malnutrition in people with neurologic disorders. These symptoms can make it difficult to keep food down, which can lead to weight loss and dehydration.
- **Increased metabolic needs:** Some neurologic disorders, such as Parkinson's disease and multiple sclerosis, can increase the body's metabolic needs. This can make it difficult to maintain a healthy weight, even if the person is eating enough food.

The nutritional assessment process is a comprehensive evaluation of a person's nutritional status. The assessment includes a physical examination, a dietary history, and a laboratory evaluation. The physical examination can help to identify signs of malnutrition, such as weight loss, muscle wasting, and skin changes. The dietary history can help to identify problems with the person's diet, such as inadequate intake of calories, protein, or vitamins. The laboratory evaluation can help to identify nutrient deficiencies and other medical conditions that may be contributing to malnutrition.

The dietary recommendations for people with neurologic disorders vary depending on the specific disorder and the person's individual needs. However, there are some general dietary recommendations that apply to most people with neurologic disorders. These recommendations include:

- **Eat a healthy diet that is high in fruits, vegetables, and whole grains.** These foods are good sources of vitamins, minerals, and antioxidants.
- **Choose lean protein sources.** Lean protein sources, such as fish, chicken, and beans, are important for maintaining muscle mass.
- **Limit unhealthy fats.** Unhealthy fats, such as saturated and trans fats, can increase the risk of heart disease and other chronic health problems.
- **Choose low-sodium foods.** Sodium can raise blood pressure, which can worsen the symptoms of some neurologic disorders.
- **Drink plenty of fluids.** Fluids help to prevent dehydration and maintain electrolyte balance.

Enteral nutrition is a method of providing nutrition through a tube that is inserted into the stomach or small intestine. Enteral nutrition may be necessary for people who are unable to meet their nutritional needs through oral intake. There are two main types of enteral nutrition:

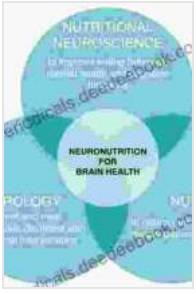
- **Nasogastric tube feeding:** A nasogastric tube is inserted through the nose and into the stomach.
- **Gastrostomy tube feeding:** A gastrostomy tube is inserted through the abdomen and into the stomach.

Enteral nutrition can be used to provide short-term or long-term nutrition. The type of enteral nutrition that is used will depend on the person's individual needs.

Parenteral nutrition is a method of providing nutrition through a vein. Parenteral nutrition may be necessary for people who are unable to meet their nutritional needs through oral intake or enteral nutrition. Parenteral nutrition is typically used for short-term periods of time, such as when a person is recovering from surgery or is critically ill.

Nutrition is an important part of the management of neurologic disorders. Malnutrition can worsen the symptoms of the disorder and lead to further health complications. The nutritional assessment process can help to identify malnutrition and determine the best course of treatment. The dietary recommendations for people with neurologic disorders vary depending on the specific disorder and the person's individual needs. Enteral and parenteral nutrition may be necessary for people who are unable to meet their nutritional needs through oral intake.

By following the recommendations in this guide, you can help to improve the nutritional status of people with neurologic disorders and improve their overall health outcomes.



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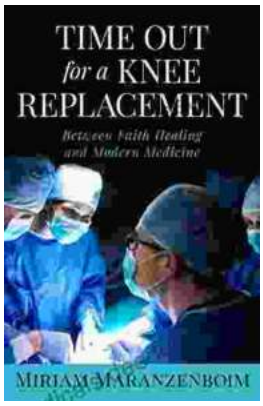

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