

Prevention of Malnutrition

M. Vandewoude

M. Vandewoude, MD, PhD, Department of Geriatrics, University of Antwerp, Belgium

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ABSTRACT

Malnutrition is common across varying patient populations, particularly older adults, and sarcopenia prevalence increases with advancing age. Chronic diseases, acute inflammation and important co-morbidities make the situation more complex. When these changes are translated into nutritional concepts it is clear that in the older patient there is a strong overlap of starvation, sarcopenia and cachexia. The final result is a complex metabolic state resulting in a therapy resistant malnutrition-sarcopenia syndrome. This condition is associated with substantial adverse out

comes affecting both the patient and the healthcare system, including increased morbidity, mortality, rehospitalization rates, and healthcare costs. Clinicians are urged to screen, assess, and treat this condition currently so as to adequately address the full spectrum of patients' nutritional issues. By examining all aspects, clinicians can more fully assess their patients' clinical and nutritional status and can tailor targeted therapies to meet their needs and improve outcomes.