

ROL VAN THERAPEUTISCHE DIËTEN OF EXCLUSIEDIËTEN – TOEGEVOEGDE WAARDE VAN EEN VOEDINGSSTRATEGIE

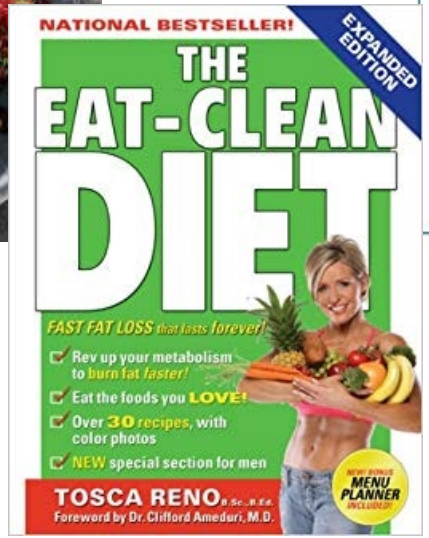
Zin en onzin van diëten

Prof. dr. Christophe Matthys
Klinische en Experimentele Endocrinologie, KU Leuven
Klinische Voeding, Endocrinologie, UZ Leuven




JULIE'S LIFESTYLE
HET
KETO
PLAN
LANNOO


HET
5:2
LIEN
BRAECKEVELT
VASTEN ÉN FEESTEN
DIEET
LANNOO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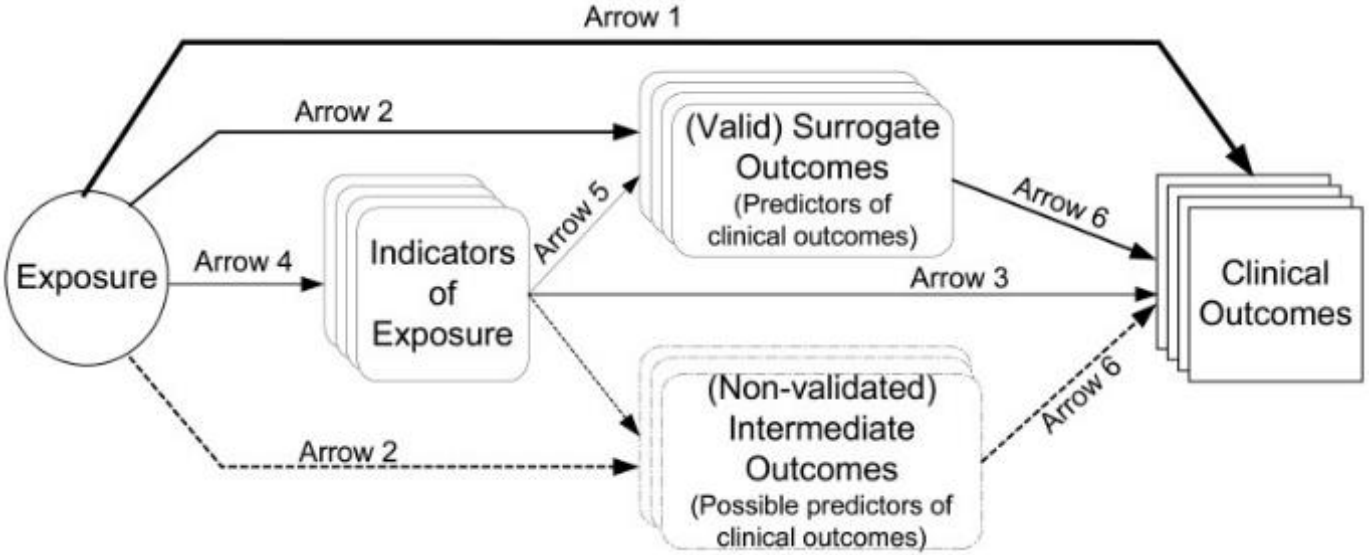
TOSCA RENO B.Sc., B.Ed.
Foreword by Dr. Clifford Ameduri, M.D.


Ulrike Amann
HOUD JE
DARMEN
GEZOND
Tips voor reiniging, onderhoud
en verzorging van de darmen
– met natuurlijke middelen –

What is dietetics?

- The branch of knowledge concerned with the diet and its effects on health, especially with the practical application of a scientific understanding of nutrition.

Link between diet and health outcomes



Definition

Clinical nutrition is nutrition of patients in health care.

- Clinical in this sense refers to the management of patients, including not only outpatients at clinics, but also (and mainly) inpatients in hospitals.
- It incorporates primarily the scientific fields of nutrition and dietetics.
- It aims to keep a healthy energy balance in patients, as well as providing sufficient amounts other nutrients such as protein, vitamins, minerals.

Clinical nutrition is the practice of analyzing if a person is consuming an adequate amount of nutrients for good health.



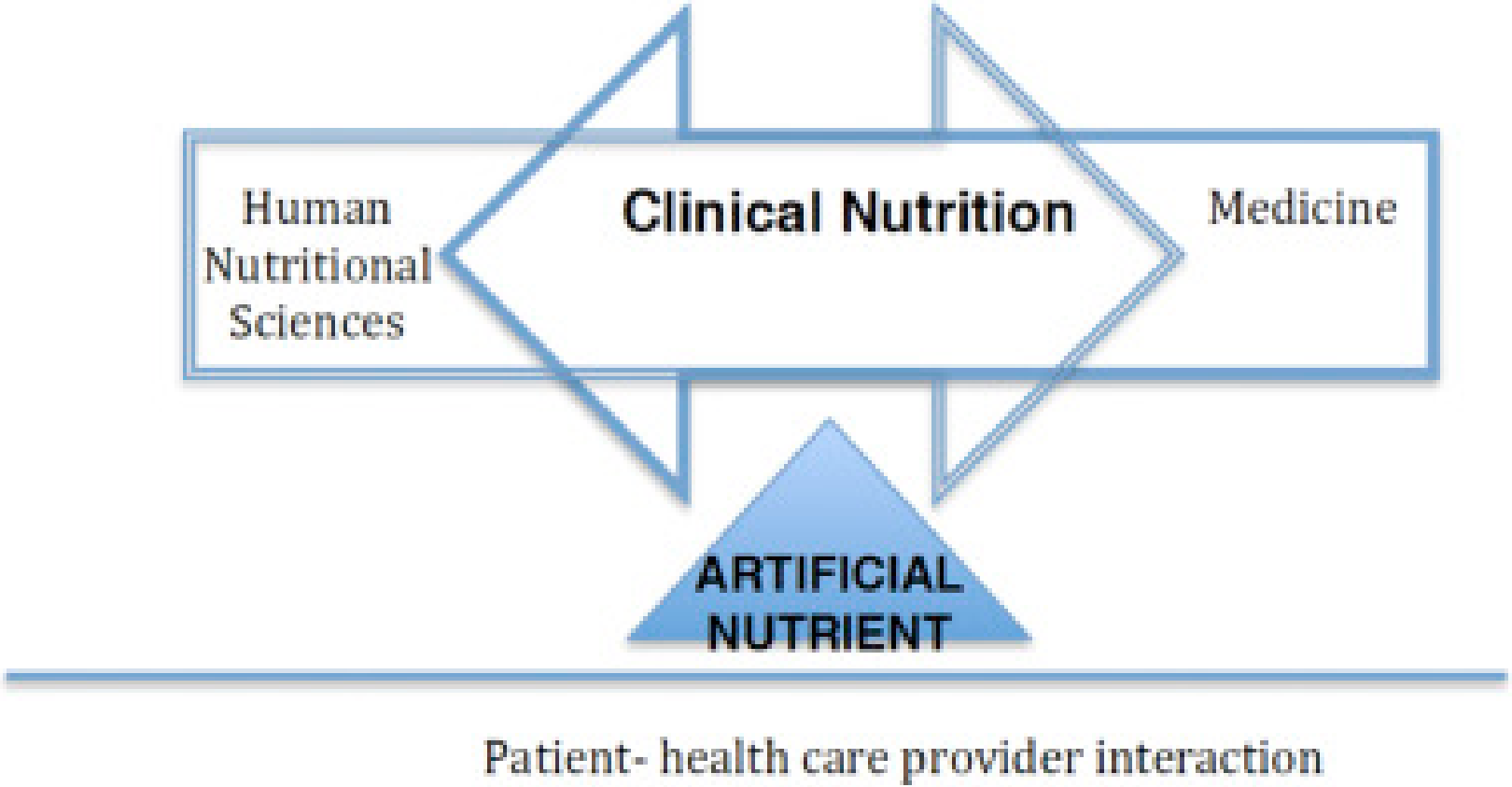
Definition

Clinical nutrition is a basic interdisciplinary and applied science, concerned with malnutrition (under/overnutrition/micronutrient abnormalities).

Its aim is to apply the principles of nutritional support (i.e. artificial nutrients) within the framework of nutritional care in order

- to ensure the nutritional status
- and modulate other biological functions to positively influence patient treatment and outcome.

Cardena; Clinical Nutrition ESPEN 2016; 11, Pages e63–e66


Human Nutritional Sciences
Clinical Nutrition
Medicine
ARTIFICIAL NUTRIENT
Patient- health care provider interaction

Importance of nutrition

- 1999 – de Lorgeril *et al*
  - a Mediterranean-style diet was shown to reduce recurrent cardiovascular events by 72%
- 2002 – Knowler *et al*
  - Patients with impaired fasting glucose
  - combination diet and physical activity reduced risk of developing diabetes by 58%, compared with a 31% reduction in individuals receiving metformin.

- *“An emphasis on nutrition is not only good medicine, but is also becoming sound economics”.* *– Devries et al (JAMA.* 2019;321(14):1351-1352*)*

Schema voor de avond

- **Voeding voor, tijdens en na thoraxheelkunde**
  - dr. Hans van Veer (Thoraxheelkunde) en Mvr. Eveline Vanhalewyck (Endocrinologie)
- **Voeding bij geriatrische patiënten**
  - prof. dr. Jos Tournoy (Geriatrie) en Mvr. Kathleen Gerits (Endocrinologie)
- **Voeding bij gastro-intestinale aandoeningen**
  - prof. dr. Tim Vanuytsel (Gastro-Enterologie) en Mvr. Julie Vanderstappen (Endocrinologie)
- **Samenvatting: belang van een voedingsstrategie en samenwerking tussen diensten**
  - prof. dr. Ann Meulemans (Endocrinologie)