

# CONTENTS

Preface ix

Acknowledgments xiii

About the Author xv

Introducing Case Studies, or Finding Your Way Through a Case Study xvii

## **Unit One**

---

### ENERGY BALANCE AND BODY WEIGHT 1

- 1 Pediatric Weight Management 3
- 2 Bariatric Surgery for Morbid Obesity 13
- 3 Malnutrition Associated with Chronic Disease 25

## **Unit Two**

---

### NUTRITION THERAPY FOR CARDIOVASCULAR DISORDERS 35

- 4 Hypertension and Cardiovascular Disease 37
- 5 Myocardial Infarction 49
- 6 Heart Failure with Resulting Cardiac Cachexia 61

## **Unit Three**

---

### NUTRITION THERAPY FOR UPPER GASTROINTESTINAL DISORDERS 73

- 7 Gastroesophageal Reflux Disease 75
- 8 Gastroparesis 85
- 9 Ulcer Disease: Medical and Surgical Treatment 95

## **Unit Four**

---

### **NUTRITION THERAPY FOR LOWER GASTROINTESTINAL DISORDERS 105**

- 10 Celiac Disease 107
- 11 Irritable Bowel Syndrome (IBS) 117
- 12 Inflammatory Bowel Disease: Crohn's Disease 129
- 13 Gastrointestinal Surgery with Ostomy 141

## **Unit Five**

---

### **NUTRITION THERAPY FOR HEPATOBILIARY AND PANCREATIC DISORDERS 151**

- 14 Nonalcoholic Fatty Liver Disease (NAFLD) 153
- 15 Acute Pancreatitis 163

## **Unit Six**

---

### **NUTRITION THERAPY FOR ENDOCRINE DISORDERS 175**

- 16 Pediatric Type 1 Diabetes Mellitus 177
- 17 Type 1 Diabetes Mellitus in the Adult 191
- 18 Adult Type 2 Diabetes Mellitus: Transition to Insulin 203

## **Unit Seven**

---

### **NUTRITION THERAPY FOR RENAL DISORDERS 215**

- 19 Chronic Kidney Disease (CKD) Treated with Dialysis 217
- 20 Chronic Kidney Disease: Peritoneal Dialysis 231
- 21 Acute Kidney Injury (AKI) 241

## **Unit Eight**

---

### **NUTRITION THERAPY FOR NEUROLOGICAL DISORDERS 249**

- 22 Ischemic Stroke 251
- 23 Progressive Neurological Disease: Parkinson's Disease 263

24 Adult Traumatic Brain Injury 275

25 Pediatric Cerebral Palsy 289

## **Unit Nine**

---

### **NUTRITION THERAPY FOR PULMONARY DISORDERS 297**

26 Chronic Obstructive Pulmonary Disease 299

27 COPD with Respiratory Failure 311

## **Unit Ten**

---

### **NUTRITION THERAPY FOR METABOLIC STRESS AND CRITICAL ILLNESS 323**

28 Metabolic Stress and Trauma: Open Abdomen 325

29 Nutrition Support for Burn Injury 337

30 Nutrition Support in Sepsis and Morbid Obesity 351

## **Unit Eleven**

---

### **NUTRITION THERAPY FOR NEOPLASTIC DISEASE 363**

31 Nutrition and Breast Cancer 365

32 Tongue Cancer Treated with Surgery, Radiation, and Chemotherapy 375

## **Appendices**

A Common Medical Abbreviations 387

B Normal Values for Physical Examination 391

C Routine Laboratory Tests with Nutritional Implications 393

D Growth Charts for Case 25 395

**Index 397**