

CONTENTS

Preface xi

About the Authors xv

About the Contributors xvii

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

Unit One

NUTRITION FOR LIFE CYCLE CONDITIONS 1

- 1 Childhood Overweight 3
- 2 Rheumatoid Arthritis 15
- 3 Cystic Fibrosis 25
- 4 Anorexia Nervosa and Bulimia Nervosa 37
- 5 Polypharmacy of the Elderly: Drug–Nutrient Interactions 47

Unit Two

NUTRITION THERAPY FOR CARDIOVASCULAR DISORDERS 61

- 6 Hypertension and Cardiovascular Disease 63
- 7 Myocardial Infarction 79
- 8 Congestive Heart Failure with Resulting Cardiac Cachexia 91

Unit Three

NUTRITION THERAPY FOR GASTROINTESTINAL DISORDERS 101

- 9 Gastroesophageal Reflux Disease 103
- 10 Ulcer Disease: Medical and Surgical Treatment 113
- 11 Infectious Diarrhea with Resulting Dehydration 125
- 12 Celiac Disease 135
- 13 Diverticulosis with Incidence of Diverticulitis 147
- 14 Inflammatory Bowel Disease: Crohn’s Disease 157

Unit Four

NUTRITION THERAPY FOR PANCREATIC AND HEPATOBILIARY DISORDERS 169

- 15 Chronic Pancreatitis Secondary to Chronic Alcoholism 171
- 16 Acute Hepatitis 183
- 17 Cirrhosis of the Liver with Resulting Hepatic Encephalopathy 195

Unit Five

NUTRITION THERAPY FOR NEUROLOGICAL AND PSYCHIATRIC DISORDERS 209

- 18 Stroke 211
- 19 Alzheimer's Disease 225

Unit Six

NUTRITION THERAPY FOR PULMONARY DISORDERS 237

- 20 Chronic Obstructive Pulmonary Disease 239
- 21 COPD with Respiratory Failure 253

Unit Seven

NUTRITION THERAPY FOR ENDOCRINE DISORDERS 267

- 22 Type 1 Diabetes Mellitus 269
- 23 Type 2 Diabetes Mellitus 281
- 24 Gestational Diabetes Mellitus 295
- 25 Polycystic Ovarian Syndrome (PCOS) 307

Unit Eight

NUTRITION THERAPY FOR RENAL DISORDERS 319

- 26 Chronic Kidney Disease (CKD) Treated with Dialysis 321
- 27 Renal Transplant 335

Unit Nine

NUTRITION THERAPY FOR HYPERMETABOLISM, INFECTION, AND TRAUMA 347

- 28** Traumatic Brain Injury: Metabolic Stress with Nutrition Support 349
- 29** AIDS 361
- 30** Metabolic Stress and Trauma 373

Unit Ten

NUTRITION THERAPY FOR HEMATOLOGY–ONCOLOGY 387

- 31** Lymphoma Treated with Chemotherapy 389
- 32** Esophageal Cancer Treated with Surgery and Radiation 401

Appendices

- A** Common Medical Abbreviations 415
- B** Normal Values for Physical Examination 419
- C** Routine Laboratory Tests with Nutritional Implications 421
- D** Exchange Lists for Diabetes Meal Plan Form and Food Lists Nutrient Information 423

Index 425