

medical nutrition & disease

A CASE-BASED APPROACH

fifth edition

Lisa Hark, PhD, RD

Darwin Deen, MD, MS

Gail Morrison, MD



WILEY Blackwell

Medical Nutrition & Disease

A Case-Based Approach

Editors-In-Chief

Lisa Hark, PhD, RD

Director, Department of Research
Wills Eye Hospital
Professor of Ophthalmology
Professor of Medicine
Jefferson Medical College
Philadelphia, PA, USA

Darwin Deen, MD, MS

Medical Professor
Department of Community Health and Social Medicine
Sophie Davis School of Biomedical Education
City College of New York
New York, NY, USA



Senior Editor

Gail Morrison, MD

Senior Vice Dean for Education
Director of Academic Programs
Professor of Medicine
Perelman School of Medicine
University of Pennsylvania
Philadelphia, PA, USA

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111 River Street, Hoboken, NJ 07030-5774, USA

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List of Contributors

Editors-in-Chief

Lisa Hark, PhD, RD

Director, Department of Research
Wills Eye Hospital
Professor of Ophthalmology
Professor of Medicine
Jefferson Medical College
Philadelphia, PA, USA

Darwin Deen, MD, MS

Medical Professor
Department of Community Health and Social
Medicine
Sophie Davis School of Biomedical Education
City College of New York
New York, NY, USA

Senior Editor

Gail Morrison, MD

Senior Vice Dean for Education
Director of Academic Programs
Professor of Medicine
Perelman School of Medicine
University of Pennsylvania
Philadelphia, PA, USA

Managing Editor

Deiana M. Johnson, MPH

Manager of Community Health
Department of Research
Wills Eye Hospital
Philadelphia, PA, USA

Associate Editor

David Weiss, BA

Doctoral Student
The Ohio State University
Department of Psychology
Columbus, OH, USA

Contributors

Sunil Adige, BS

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

David J. Axelrod, MD

Assistant Professor of Medicine
Thomas Jefferson University
Philadelphia, PA, USA

Diane Barsky, MD, FAAP, FACN

Assistant Professor of Pediatrics
Perlman School of Medicine
University of Pennsylvania
Attending Physician
Division of Pediatric Gastroenterology, Hepatology and
Nutrition
Children's Hospital of Philadelphia
Philadelphia, PA, USA

Dara Blomain, MPH, RD, LDN

Adjunct Professor
West Chester University of Pennsylvania
West Chester, PA, USA
Adjunct Professor
Montgomery Community College
Blue Bell, PA, USA

Erik Blomain, BA

MD/PhD Student
Department of Pharmacology and Experimental
Therapeutics
Jefferson Medical College
Philadelphia, PA, USA

Cecilia Borden, EdD, MSN, RN

Assistant Professor
Jefferson School of Nursing
Thomas Jefferson University
Philadelphia, PA, USA

Vicki Bovee, MS, RDN, LD

Clinical Dietitian
Western Bariatric Institute
Reno, NV, USA

Samantha Brackett, BA

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Lynne Bucovetsky, MPH, RD, LDN, CDE

Clinical Dietitian and Diabetes Educator
Department of Obstetrics and Gynecology
Thomas Jefferson University
Philadelphia, PA, USA

Frances Burke, MS, RD

Advanced Clinical Practice Dietitian
Preventive Cardiovascular Program
University of Pennsylvania Medical Center
Philadelphia, PA, USA

Jo Ann S. Carson, PhD, RD, LD

Professor and Program Director
Department of Clinical Nutrition
University of Texas Southwestern Medical Center
Dallas, TX, USA

Andrew Chapman, DO, FACP

Clinical Associate Professor of Medical Oncology
Vice Chair for Clinical Operations, Department of
Medical Oncology
Director, Division of Regional Cancer Care
Co-Director, Jefferson Senior Adult Oncology Center
Kimmel Cancer Center
Thomas Jefferson University Hospital
Philadelphia, PA, USA

Bianca Collymore, MS

Medical Student
The Commonwealth Medical College
Scranton, PA, USA

Monica H. Crawford, MA, RD, LDN

Outpatient Oncology Dietitian
Kimmel Cancer Center
Department of Medical Oncology
Thomas Jefferson University Hospital
Philadelphia, PA, USA

Emil M. deGoma, MD, FACC

Assistant Professor of Medicine
Preventive Cardiovascular Medicine
Penn Heart and Vascular Center
Philadelphia, PA, USA

Horace M. DeLisser, MD

Associate Professor of Medicine
Associate Dean for Diversity and Inclusion
Perelman School of Medicine
University of Pennsylvania
Philadelphia, PA, USA

Ara DerMarderosian, PhD

Professor of Pharmacognosy
Research Professor of Medicinal Chemistry
University of the Sciences in Philadelphia
Philadelphia, PA, USA

Stephen V. Di Sabatino, BA

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Stephanie Dobak, MS, RD, LDN, CNSC

Clinical Dietitian
Jefferson Medical College
Philadelphia, PA, USA

Danielle Duffy, MD

Assistant Professor of Medicine
Division of Cardiology
Jefferson Medical College
Philadelphia, PA, USA

Andrew W. Du Pont, MD, MSPH

Associate Professor
Division of Gastroenterology, Hepatology, and
Nutrition
Department of Internal Medicine
University of Texas Medical School
Houston, TX, USA

Marilyn S. Edwards, PhD, RD

Professor of Nutrition
Division of Gastroenterology, Hepatology, and
Nutrition
Department of Internal Medicine
University of Texas Medical School
Houston, TX, USA

Arielle Elmaleh-Sachs, BS

Medical Student
Sophie Davis School of Biomedical Education
City College of New York
New York, NY, USA

Katherine M. Fellenstein, BS, MBA, CTP

Private Consultant
Katherine M. Fellenstein Consulting
Puyallup, WA, USA

Marion J. Franz, MS, RD, CDE

Nutrition/Health Consultant
Nutrition Concepts by Franz, Inc.
Minneapolis, MN, USA

Katherine Galluzzi, DO CMD, FACOF

Professor and Chair
Department of Geriatrics
Philadelphia College of Osteopathic Medicine
Director, Comprehensive Care at PCOM
Medical Director, VNA Hospice of Philadelphia
Philadelphia, PA, USA

Henry Ginsberg, MD

Irving Professor of Medicine for Clinical and
Translational Research
College of Physicians and Surgeons
Columbia University
New York, NY, USA

Laura M. Grande, MS, RD, CSP, LDN

Pediatric Dietitian
Cystic Fibrosis Center
Children's Hospital of Philadelphia
Philadelphia, PA, USA

Samuel N. Grief, MD

Associate Professor
Clinical Family Medicine
University of Illinois at Chicago
Chicago, IL, USA

Rachel Grosso, BS

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Scott M. Grundy, MD, PhD

Director, Center for Human Nutrition
Professor
University of Texas Southwestern Medical Center
Dallas, TX, USA

Indira Gurubhagavatula, MD, MPH

Associate Professor
Perlman School of Medicine
University of Pennsylvania
Philadelphia, PA, USA

Monica Habib, MS, RD, LD, CNSC

Nutrition Support Clinician
Digestive Disease Institute
Cleveland Clinic
Cleveland, OH, USA

Jo Ann T. Hattner, MPH, RD

Nutrition Consultant
Hattner Nutrition
Stanford University School of Medicine
Stanford, CA, USA

Herbert A. Hodgson, BS

Medical Student
Loma Linda University School of Medicine
San Diego, CA, USA

Elizabeth Horvitz West, MD

Ob/GYN Resident
University of California
Irvine
Department of Obstetrics and Gynecology
Irvine, CA, USA

Kathy Ireland, MS, RD, LDN

Clinical Instructor of Pediatrics
Boston University School of Medicine
Clinical Dietitian, Nutrition and Fitness for Life
Program
Department of Pediatrics
Boston Medical Center
Boston, MA, USA

Gerald A. Isenberg, MD, FACS

Professor of Surgery
Director, Surgical Undergraduate Education
Chairman, Curriculum Committee
Jefferson Medical College
Program Director, Colorectal Residency
Thomas Jefferson University Hospital
Philadelphia, PA, USA

Tamara Bockow Kaplan, MD

Neurology Resident
Partners Neurology Residency Program
Massachusetts General Hospital
Brigham and Women's Hospital
Boston, MA, USA

Wahida Karmally, DrPH, RD, CDE, CLS, FNLA

Associate Research Scientist
Lecturer in Dentistry
Director of Nutrition
Irving Institute for Clinical and Translational Research
Columbia University
New York, NY, USA

Kelly Keenan, PhD

Associate Professor of Chemistry
Richard Stockton College
Galloway, NJ, USA

Erik Kelly, BA

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

John A. Kerner, MD

Professor of Pediatrics and Director of Nutrition
 Director of Pediatric Gastroenterology Fellowship
 Pediatric GI, Hepatology and Nutrition
 Stanford University Medical Center
 Medical Director
 Children's Home Pharmacy
 Lucile Packard Children's Hospital
 Stanford University Medical Center
 Palo Alto, CA, USA

Doina Kulick, MD, MS, FACP

Director, Wellness and Weight Management Clinic
 Assistant Professor, Internal Medicine and Nutrition
 Mayo Clinic
 Scottsdale, AZ, USA

Calvin Lambert Jr., BA

Medical Student
 The Warren Alpert Medical School of Brown University
 Providence, RI, USA

Ruth A. Lawrence, MD

Distinguished Alumna Professor
 University of Rochester School of Medicine
 Rochester, NY, USA

Carine M. Lenders, MD, ScD, MS

Associate Professor of Pediatrics
 Boston University School of Medicine
 Director, Division of Pediatric Nutrition
 Physician Scientist, Division of General Pediatrics
 Department of Pediatrics Boston Medical Center
 Boston,*MA, USA

Susan Lupackino, MHS, RD, LDN

Renal Dietitian
 DaVita Healthcare Partners
 Easton, PA, USA

Melissa G. Marko, PhD

Assistant Professor
 Department of Biological Sciences
 University of the Sciences in Philadelphia
 Philadelphia, PA, USA

Maria R. Mascarenhas, MBBS

Associate Professor of Pediatrics
 University of Pennsylvania School of Medicine
 Director, Nutrition Support Service
 Children's Hospital of Philadelphia
 Section Chief, Nutrition
 Division of Gastroenterology, Hepatology and
 Nutrition
 Philadelphia, PA, USA

Laura E. Matarese, PhD, RD, LDN, CNSC, FADA, FASPEN

Associate Professor
 Department of Internal Medicine
 Division of Gastroenterology, Hepatology, and
 Nutrition
 Brody School of Medicine
 East Carolina University
 Greenville, NC, USA

Amy McKeever, PhD, RN, CRNP, WHNP, BC

Women's Health Nurse Practitioner
 Assistant Professor in Nursing
 Villanova University
 College of Nursing
 Villanova, PA, USA

Heather McMahon, BS

Medical Student
 Jefferson Medical College
 Philadelphia, PA, USA

Jill Murphree, MS, RD, CNSC

Vanderbilt Center for Human Nutrition
 Vanderbilt University Medical Center
 Nashville, TN, USA

Thomas A. Novack, BS

Medical Student
 Jefferson Medical College
 Philadelphia, PA, USA

Gerald F. O'Malley, DO, FACEP, FAAEM, FACMT, FAAC

Associate Professor of Emergency Medicine and
 Toxicology
 Thomas Jefferson University Hospital
 Vice-Chair for Research and Scholarship
 Department of Emergency Medicine
 Albert Einstein Medical Center
 Philadelphia, PA, USA

Rika N. O'Malley, MD

Clinical Instructor, Emergency Medicine Physician
 Thomas Jefferson University Hospital
 Attending Physician
 Department of Emergency Medicine
 Albert Einstein Medical Center
 Philadelphia, PA, USA

Diana Orenstein, RD, MsEd

Clinical Dietitian
 Hartford Hospital
 Hartford, CT, USA

Sharon D. Perkins, MES

Industrial Hygienist
Voluntary Protection Program
Division of Occupational Safety & Health
Washington State Department of Labor and Industries
Olympia, WA, USA

Benjamin R. Phillips, MD, FACS

Colorectal Surgeon
Thomas Jefferson University Hospital
Assistant Professor
Jefferson Medical College
Philadelphia, PA, USA

Xavier F. Pi-Sunyer, MD

Professor of Medicine, Columbia University
Director, New York Obesity/Nutrition Research Center
Columbia University College of Physicians and Surgeons
New York, NY, USA

Priyamvada M. Pitale, MBBS

Doctoral Student
Graduate School of Biomedical Sciences
Department of Cell Biology and Immunology
University of Alabama
Birmingham, AL, USA

Alix J. Pruzansky, BA

Senior Analyst
Division of Research
The Permanente Medical Group
Oakland, CA, USA

Stephanie Rand, BS

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Barry W. Rovner, MD

Professor, Psychiatry and Neurology
Jefferson Medical College
Philadelphia, PA, USA

José Antonio S. Ruy-Díaz Renoso, MD, FICS

General Surgeon, Master in Clinical Nutrition
Vice Dean of Medicine
Faculty of Health Sciences Anahuac University
Mexico City
Staff Surgeon Hospital Angeles Lomas
Mexico City, Mexico

Douglas L. Seidner, MD

Associate Professor of Medicine
Division of Gastroenterology, Hepatology and Nutrition
Director, Vanderbilt Center for Human Nutrition
Vanderbilt University Medical Center
Nashville, TN, USA

Hirsh Sharma, BS

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Amanda J. Skwara, BS

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Pranay Soni, BS

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Andrea St. Cyr, BA

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Ezra Steiger, MD, FACS, FASPEN, AGAF

Professor of Surgery
Cleveland Clinic Lerner College of Medicine
Consultant Digestive Disease Institute
Nutrition Support and Intestinal Rehab Programs
The Cleveland Clinic Foundation
Cleveland, OH, USA

Philip Storey, MD, MPH

Ophthalmology Resident
University of Southern California
Los Angeles, CA, USA

Jean Stover, RD, CSR, LDN

Renal Dietitian
DaVita Healthcare Partners
Philadelphia, PA, USA

Catherine Sullivan, MPH, RD, LDN, IBCLC, RLC

Clinical Instructor, Director of Training
Carolina Global Breastfeeding Institute
Department of Maternal and Child Health
Gillings School of Global Public Health
University of North Carolina
Chapel Hill, NC, USA

Andrew M. Tershakovec, MD, MPH

Executive Director, Clinical Research
Merck & Co., Inc.
North Wales, PA, USA

Brian W. Tobin, PhD

Professor and Chair
Department of Biomedical Sciences
University of South Carolina School of Medicine
Greenville
Greenville Health System University Medical Center
Greenville, SC, USA

Charles P. B. Vanderpool, MD

Assistant Professor of Clinical Pediatrics
Division of Pediatric Gastroenterology, Hepatology, and
Nutrition
Indiana University School of Medicine
Riley Hospital for Children at Indiana University
Health
Indianapolis, IN, USA

Julie Vanderpool, RD, MPH, RN, MSN, ACNP

GI Nurse Practitioner
Nashville Gastrointestinal Specialists
Nashville, TN, USA

Prachi Vishwasrao, MD

Resident, Internal Medicine
SUNY Stony Brook University Hospital
Stony Brook, NY, USA

Judith Wylie-Rosett, EdD, RD

Atran Foundation Chair in Social Medicine
Professor and Division Head for Health Promotion and
Nutritional Research
Department of Epidemiology and Population Health
Albert Einstein College of Medicine
Bronx, NY, USA

Andrew Zheng, BA

Medical Student
Jefferson Medical College
Philadelphia, PA, USA

Reviewers**Victoria M. Adeleke, MPH, RD, LDN**

Nutrition Supervisor
Wake County Health Clinic
Raleigh, NC, USA

Brenda W. Beatty, MPH, RD

Health Educator/Nutritionist
Alice Aycock Poe Center for Health Education
Raleigh, NC, USA

Judi Cheskin, MS, RD

Registered Dietician
Plymouth Meeting, PA, USA

Sonia Steele, MPH, RD, LDN

University Liaison
Community Health Coalition, Inc.
Durham, NC, USA

Preface

The development of *Medical Nutrition & Disease* began in 1990 as a self-instructional, case-based textbook for medical students and was first published by Wiley-Blackwell in 1995. The 5th edition now includes 13 chapters and 26 cases, all of which continue to be co-written by a multidisciplinary team of registered dietitians and physicians. Medical students and medical residents have also been invited to contribute to several 5th edition chapters and cases, offering an opportunity to educate these trainees about nutrition and target our audience. This new edition also recognizes the increasingly important role of team-based care and interprofessional education. During the development of the 5th edition, the Interprofessional Education Collaborative (IPEC) was formed which aims to promote and encourage interprofessional learning experiences to better prepare future clinicians for team-based care of patients. The national organizations included in the IPEC are the Association of American Medical Colleges, American Association of Colleges of Nursing, American Association of Colleges of Osteopathic Medicine, American Association of Colleges of Pharmacy, American Dental Education Association, and the Association of Schools of Public Health. These groups represent higher education in allopathic and osteopathic medicine, dentistry, nursing, pharmacy, and public health and have created core competencies for interprofessional collaborative practice that can guide curricula development at all health professions schools. *Medical Nutrition & Disease* is designed so that medical, physician assistant, dietetic, nursing, public health, and pharmacy students and practitioners can enhance their nutrition knowledge, skills, and attitudes to provide effective counseling to patients with or at risk for a variety of chronic conditions – essentially the ideal text for interprofessional learning.

Over the past 20 years, the role of a healthy lifestyle in preventing and treating the most common chronic diseases, such as obesity, cancer, heart disease, hypertension, and diabetes continues to mount. Each chapter and case is based on strong scientific evidence supporting nutrition and physical activity interventions and provides practical advice on how to counsel patients to make positive behavior and lifestyle changes. All cases include “before and after” diets and over 50 references are included at the end of each chapter. The 5th edition also includes six new cases, covering emerging nutrition issues for macular degeneration, menopause, celiac disease, polycystic ovarian syndrome, colon cancer, and lead poisoning in children.

Registered dietitians and dietetic technicians can earn **48 pre-approved continuing education credits** from the Academy of Nutrition and Dietetics by successfully completing the multiple choice questions included in the book. There are no additional fees and all forms and directions are inserted inside the back cover.

Lisa Hark, PhD, RD
Darwin Deen, MD, MS
Gail Morrison, MD

For more information on how to successfully incorporate nutrition into your curriculum or clinical practice, contact:

Lisa Hark, PhD, RD
Director, Department of Research
Wills Eye Hospital
840 Walnut Street, Suite 1530
Philadelphia, PA. 19107-5109
610-659-1834
hark@LisaHark.com
www.LisaHark.com

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Indira Gurubhagavatula, Sharon D. Perkins, and Katherine M. Fellenstein

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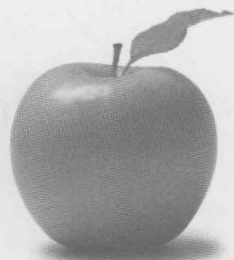
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Nutrition Assessment

Nutrition Assessment

Deen¹, and Alix J. Pruzan

Pruzan², and Alix J. Pruzansky³

Deen¹, and Alix J. Pruzan²

Part I Fundamentals of Nutrition Assessment

Nutrition Assessment in Clinical Care

Nutrition assessment is the evaluation of an individual's nutritional status based on the interpretation of clinical information. Nutrition assessment is important because obesity and malnutrition are common in the clinical setting. The purpose of nutrition assessment is to:

- accurately evaluate an individual's dietary intake and nutritional status,
- determine if medical nutrition therapy and/or counseling is needed,
- monitor changes in nutritional status, and
- evaluate the effectiveness of nutritional interventions.

Accurate nutritional assessment leads to correct diagnosis and treatment. Many patients can benefit from medical nutrition therapy (MNT) using established evidence-based protocols.

Integrating Nutrition into the Medical History and Physical Examination

The following illustrates how nutrition can be integrated into all components of the clinical assessment, including the medical history, diet history, review of systems, physical examination, laboratory data, and treatment plan.

Medical Nutrition Therapy: A Case-Based Approach, Fifth Edition, edited by The Ohio State Dietetic Association

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1 Overview of Nutrition Assessment in Clinical Care

Lisa Hark¹, Darwin Deen², and Alix J. Pruzansky³

¹ Jefferson Medical College, Philadelphia, PA

² City College of New York, New York, NY

³ The Permanente Medical Group, Oakland, CA

OBJECTIVES

- Recognize the value of nutrition assessment in the comprehensive care of ambulatory and hospitalized patients.
- Obtain an appropriate patient history, including medical, family, social, nutrition/dietary, physical activity, and weight histories; use of prescription and over-the-counter medicines, dietary and herbal supplements; and consumption of alcohol and other recreational drugs.
- Demonstrate how to interpret physical findings that reflect nutritional status, including body mass index, waist circumference, growth and development, and signs of nutritional deficiency.
- Describe the diagnosis, prevalence, health consequences, and etiology of obesity and malnutrition.
- Identify the most common physical findings associated with vitamin/mineral deficiencies or excesses.
- List the laboratory measurements commonly used to assess the nutritional status of patients.

Source: Objectives for chapter and cases adapted from the *NIH Nutrition Curriculum Guide for Training Physicians*. (www.nhlbi.nih.gov/funding/training/naa)

Nutrition Assessment in Clinical Care

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Integrating Nutrition into the Medical History and Physical Examination

The following illustrates how nutrition can be integrated into all components of the clinical assessment, including the medical history, diet history, review of systems, physical examination, laboratory data, and treatment plan.

Medical Nutrition & Disease: A Case-Based Approach, Fifth Edition. Edited by Lisa Hark, Darwin Deen, and Gail Morrison.

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