

Mistakes in nutrition in chronic liver disease and how to avoid them

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Mistakes In Articles

Hepatobiliary

Small Intestine & Nutrition

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Malnutrition and sarcopenia are common in chronic liver disease, adversely affecting complications, quality of life, transplant outcomes, and survival, requiring prompt recognition and appropriate management by physicians.

KEY POINTS

- Malnutrition frequently occurs in patients with chronic liver disease and worsens their prognosis.
- Multiple causes of malnutrition in cirrhosis include low dietary intake, malabsorption, metabolic alterations, and modification of substrate utilisation.
- Sarcopenia, defined by loss of muscle mass and function, is a major component of malnutrition in cirrhosis patients.
- Sarcopenia adversely affects the number and severity of complications, quality of life, liver transplantation outcomes, and overall survival in advanced liver disease.
- The material discusses common mistakes regarding nutrition in chronic liver disease and provides evidence and experience-based approaches to avoid them.

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