

ESPEN guideline on clinical nutrition in acute and chronic pancreatitis

Marianna Arvanitakis

Standards and Guidelines

Pancreas

Small Intestine & Nutrition

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Acute and chronic pancreatitis carry significant malnutrition risk requiring nutritional screening, support, and in chronic cases attention to osteoporosis and fracture prevention.

KEY POINTS

- Acute necrotizing pancreatitis occurs in 20% of acute pancreatitis cases, is associated with increased morbidity and mortality, and may require enteral or parenteral nutrition as well as endoscopic, radiological, or surgical interventions.
- Chronic pancreatitis is a chronic inflammation with fibrosis; frequent complications include abdominal pain with decreased oral intake, exocrine failure, and endocrine failure, all of which are malnutrition risk factors.
- Patients with chronic pancreatitis should be considered at risk, screened, and supplemented accordingly.
- Osteoporosis and increased fracture risk should be acknowledged in chronic pancreatitis patients, and preventive measures should be considered.

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