



Nutritional Management for Inflammatory Bowel Diseases

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Message from the Guest Editor

The majority of inflammatory bowel disease patients suffer from nutritional deficiencies, with protein-calorie malnutrition common when in an active phase of the disease and micronutrient deficiencies a recognisable problem in remission. In Crohn's disease, up to 75% of hospitalized patients are malnourished and as many as 50% are in negative nitrogen balance.

Moreover, the prevalence of reduced muscle mass in adult patients with Crohn's disease has been estimated to be as high as 61%. Reduced muscle mass has been linked with reduced muscle function, osteopenia, fatigue, and lower quality of life. However, the aetiology of reduced muscle mass remains unclear, and therapies to reverse it remain elusive.

Nutrition is a treatment option in inflammatory bowel disease both in specific cohorts like small-bowel paediatric Crohn's disease and in the modulation of the microbiome in pouchitis. This Issue will focus on both nutritional deficiencies in inflammatory bowel disease as well as nutrition as a therapy option in this chronic cohort of patients.





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