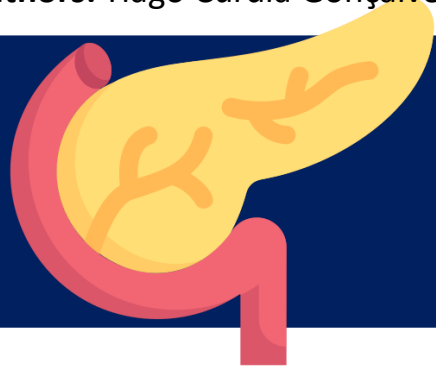
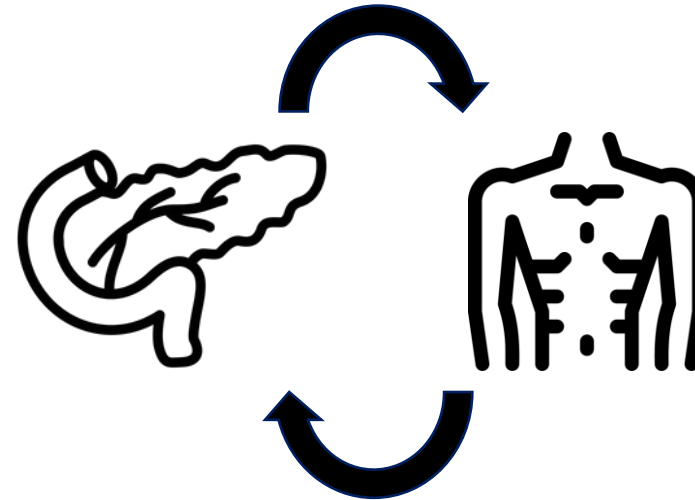


# Nutrition in Pancreatic Diseases: A Roadmap for the Gastroenterologist



## Pancreas

- Exocrine and endocrine functions
- Major role in the digestive process
- Influence nutritional status



## Malnutrition

- Lack of intake/uptake of nutrition
- Altered body composition
- ↓ physical and mental function
- Impaired outcomes from disease

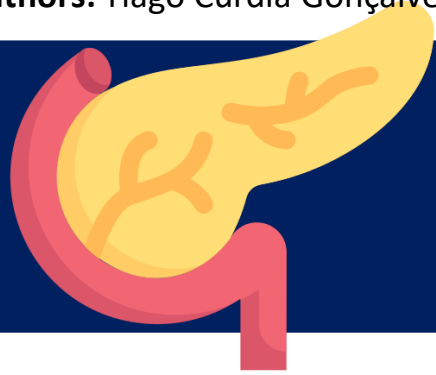
## Aim of this Review:

Highlight the role of nutrition and propose a systematic nutritional approach to patients with acute pancreatitis (AP), chronic pancreatitis (CP), and pancreatic cancer (PC)

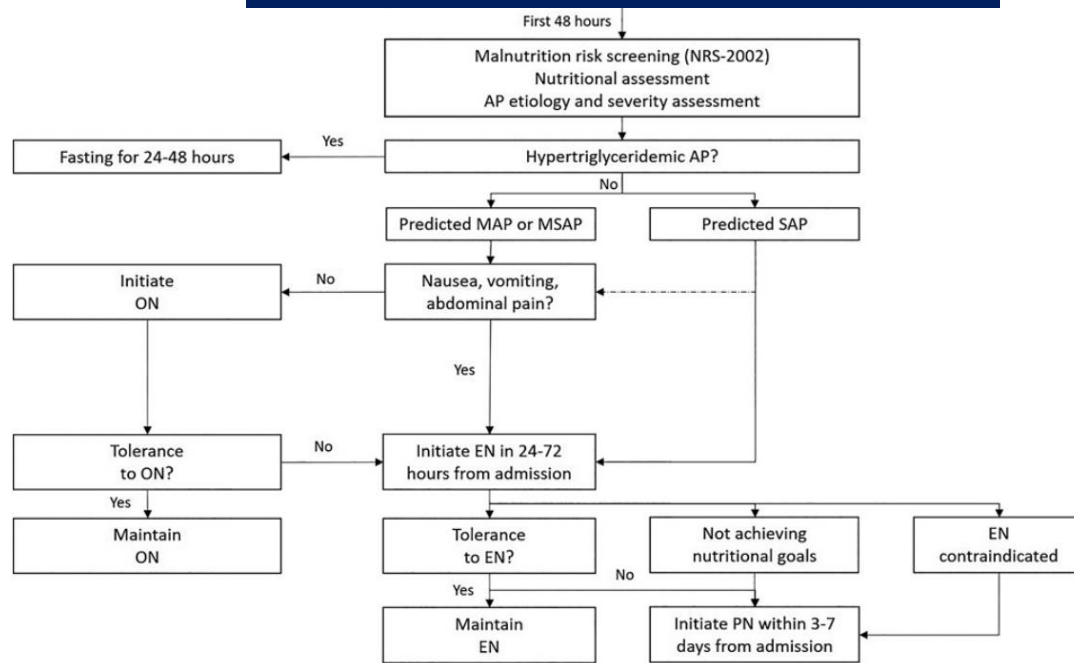
### Affiliations:

- 1 - Gastroenterology Department, Hospital da Senhora da Oliveira – Guimarães, Guimarães, Portugal
- 2 - Life and Health Sciences Research Institute (ICVS), School of Medicine, University of Minho, Braga, Portugal
- 3 - ICVS/3B's, PT Government Associate Laboratory, Guimarães/Braga, Portugal

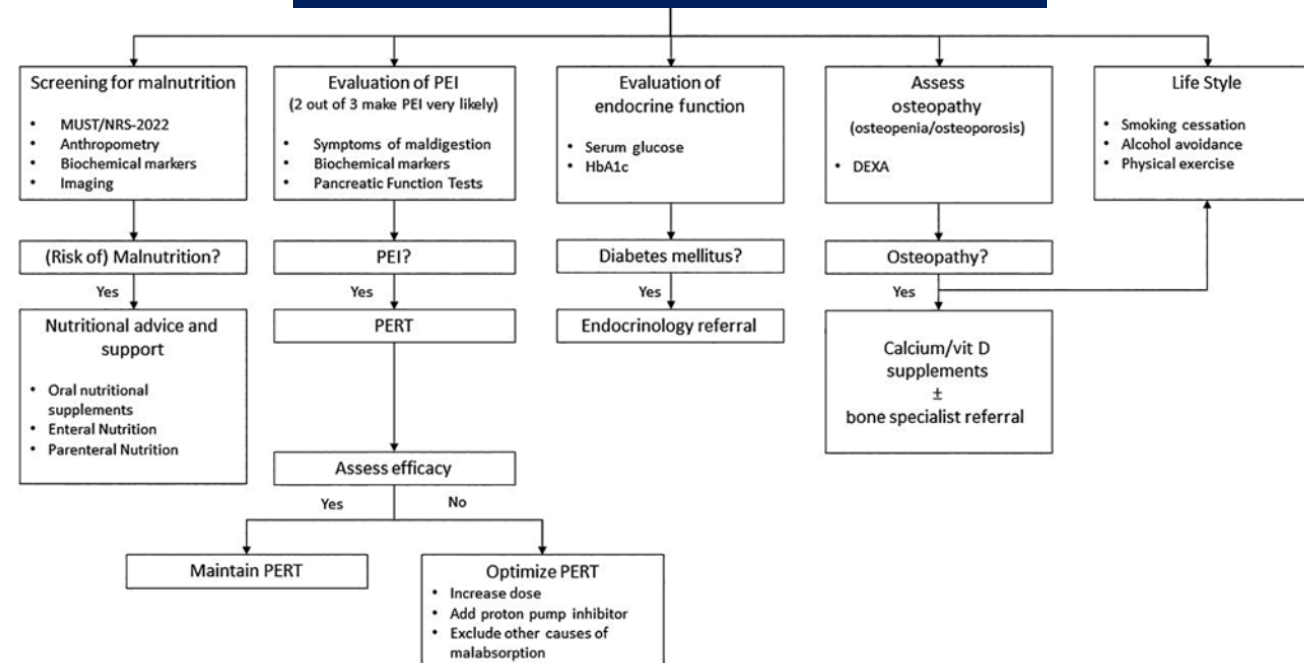
# Nutrition in Pancreatic Diseases: A Roadmap for the Gastroenterologist



## Patient with Acute Pancreatitis

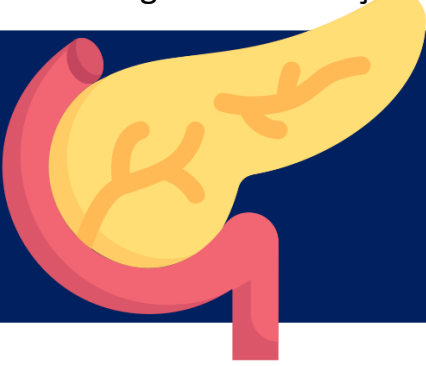


## Patient with Chronic Pancreatitis

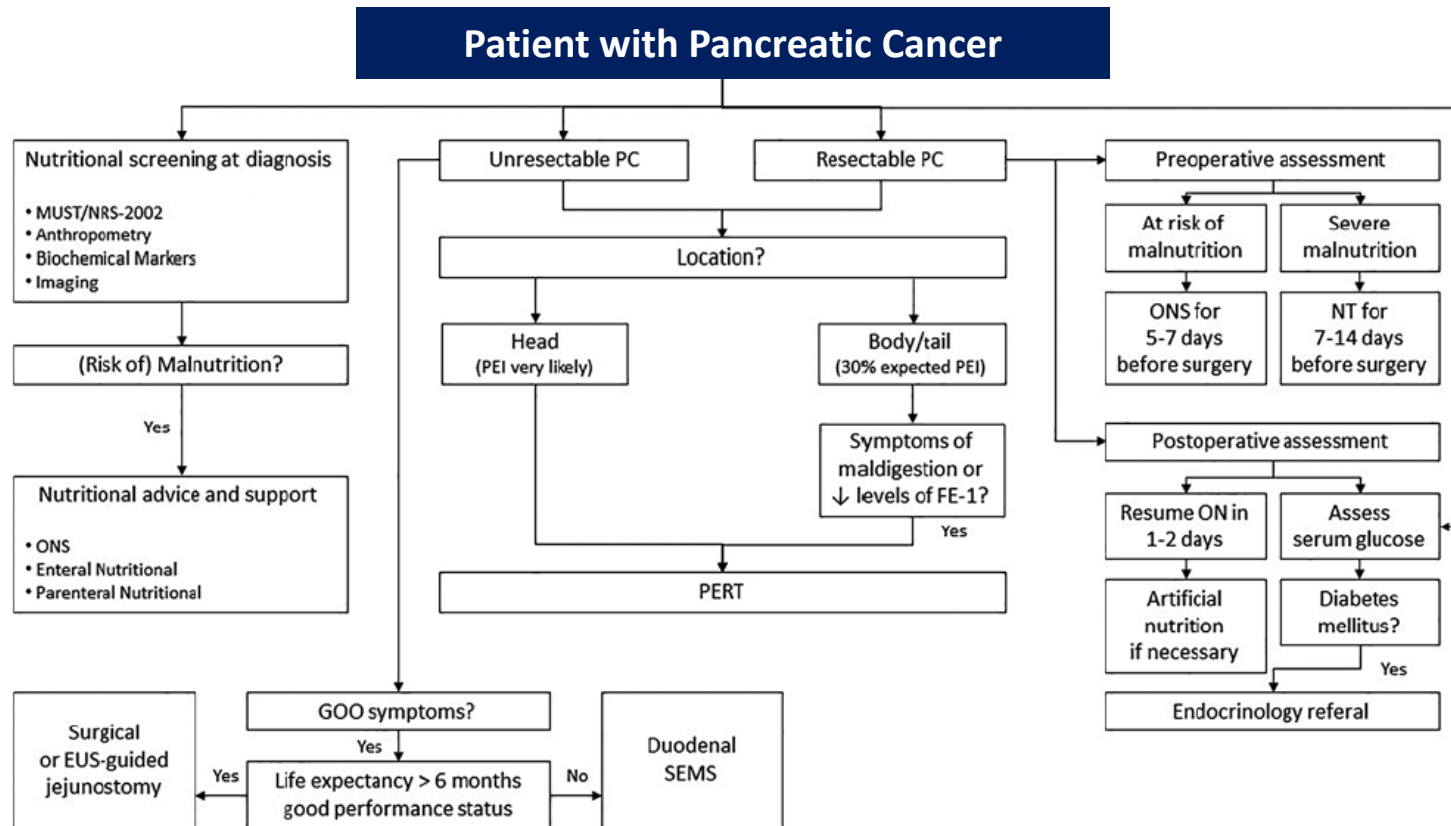


### Abbreviations:

AP, acute pancreatitis; CP, chronic pancreatitis; DEXA, dual-energy X-ray absorptiometry; EN, enteral nutrition; MAP, mild acute pancreatitis; MSAP, moderately severe acute pancreatitis; MUST, malnutrition universal screening tool; NRS-2002, Nutrition Risk Screening-2002; ON, oral nutrition; PEI, pancreatic exocrine insufficiency; PERT, pancreatic enzyme replacement therapy PN, parenteral nutrition; SAP, severe acute pancreatitis.



# Nutrition in Pancreatic Diseases: A Roadmap for the Gastroenterologist



## Take-Home Messages

- Incidence of pancreatic disorders such as AP, CP, and PC is increasing.
- Adequate nutritional care improve patients' outcomes.
- Awareness of nutritional issues in pancreatic diseases increases among Gastroenterologists is essential.

### Abbreviations:

EUS, endoscopic ultrasound; FE-1, fecal elastase-1; GOO, gastric outlet obstruction; MUST, malnutrition universal screening tool; NRS-2002, Nutrition Risk Screening-2002; NT, nutritional therapy; ON, oral nutrition; ONS, oral nutritional supplements; PC, pancreatic cancer; SEMS, self-expandable metal stent.