

Nutrition in HD

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Neuro-disability



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Content

- Why is nutrition important?
- What are the barriers?
- What are we aiming for?
- What can you do?



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Weight loss and HD

- People with HD are at high risk of weight loss
 - Burning off more energy due to movements
 - Problems swallowing
 - Possible changes metabolism



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Reduced Intake

- Reduced ability to prepare meals
- Difficulty feeding themselves
- Swallowing difficulties
- Vomiting/reflux
- Changes in mood
- Medication side effects
- Communication
- Thinking & planning skills
- Behaviour/distress
- Dental issues
- Sleeping pattern
- Constipation



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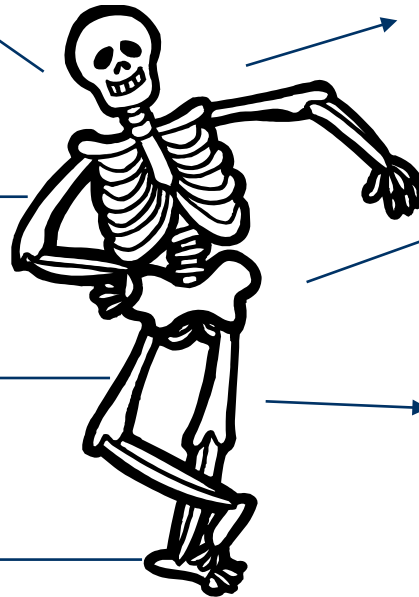
Why is nutrition important?

Increased infection

Depression

Tiredness and
lethargy

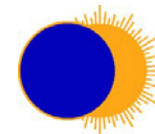
Increased risk of
Falls



Increased risk of
bed sores

Poor wound healing

Increased visits to GP/acute
hospital



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What about hydration?

- Dehydration can cause:
 - Tiredness & irritability
 - Headaches
 - Constipation
 - Urinary tract infections
 - Problems with the kidneys

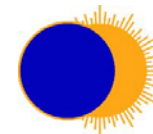


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Weight...what are we aiming for?

- Body mass index:
- Weight (kg) \div height m²
- Aiming for between 23-25kg/m²
- Weight loss not recommended unless BMI reaches 30



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Monitoring weight

- If able, check weight once a month
- Useful to keep a record of weight
- Discuss with Dietitian, Nurse or Dr & agreeing a target weight range
- BMI less than 20 or unplanned weight loss of 10% in last 3-6 months should be discussed with Dietitian, Nurse or Dr



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Fluid.....what are we aiming for?

- 2000ml for men & 1600ml for women (3½ or 3 pints)
- May need more if:
 - chorea is not well controlled
 - Saliva or loss of drinks from mouth
 - Often have UTIs or constipation



Maximising fluid intake

- Get into a good routine
- Carry drinks (& thickener)
- Nourishing fluids (count as drink & snack)
- Fluid based foods e.g. stews, soups, gravy, yoghurt (jelly & ice cream)
- Maximise days when drinking well

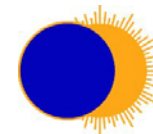


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Food

- Regular meal pattern
(includes snacks/nourishing drinks)
- Tastes often change
- Some days will be better than others -
maximise the good days



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The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

**Fruit and
vegetables**



**Bread, rice,
potatoes, pasta
and other starchy foods**



**Meat, fish,
eggs, beans
and other non-dairy
sources of protein**



**Foods and drinks
high in fat and/or sugar**



**Milk and
dairy foods**



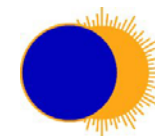
Food Fortification

Cheese	Skimmed milk powder	Sugar/jam honey	Butter/ Margarine/ Mayo	Cream
Milky sauces	Fortified milk	Hot drinks	Mashed Potato	Fruit
Pasta	Porridge	Desserts		Cakes
Potatoes	Mashed Potatoes	Milkshakes	Tuna/egg Mayo	Desserts
Omelette/ Scrambled eggs	Custard Milk based puddings Creamy soup	Smoothies Porridge	Vegetables	Cereal/ Porridge
Baked Beans	Milkshakes/ Smoothies	Glazed Vegetables		

Nutritional Supplements



Fresubin Crème



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Advanced Decision Making

- Thinking about the future is important in HD.
- When swallow severely deteriorated, people can have a feeding tube or can be risk fed.
- Pros and cons of both options.
- No right or wrong.



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