

Nutritional therapy beneficial in chronic kidney disease

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(HealthDay)—Nutritional interventions may be beneficial for the

management of chronic kidney disease in adults, according to a review article published online Nov. 1 in the *New England Journal of Medicine*.

Kamyar Kalantar-Zadeh, M.D., M.P.H., Ph.D., from the University of California, Irvine, School of Medicine in Orange, and Denis Fouque, M.D., Ph.D., from the Université Claude Bernard Lyon in France, discussed the use of dietary interventions as a management strategy for chronic kidney disease in adults.

The authors note that [nutritional status](#) frequently becomes disordered and that protein-energy wasting is common in [chronic kidney disease](#), requiring dietary adjustments. Nutritional therapy may be beneficial for the management of uremia, as well as for electrolyte and acid-base imbalances, water and salt retention, mineral and bone disorders, and failure to thrive. Dietary interventions may be used for conservative uremia management and to delay or prevent dialysis therapy. Nutritional interventions could slow progression of disease independent of the management of uremia. Dietary protein, energy, and micronutrient intakes should be assessed regularly. In order to estimate dietary intakes of protein, sodium, and potassium; to measure creatinine clearance and proteinuria; and to assess adherence to [dietary recommendations](#), 24-hour urine collections should be performed. Excessive restrictions should be avoided, as they may be harmful.

"Nutritional interventions with disease-specific dietary ranges that are patient-centered and cost-effective may help increase longevity and prolong the dialysis-free interval for millions of people worldwide," the authors write.

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