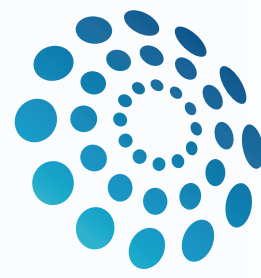



Nutrition *for* Neuromuscular Disease Patients



European Reference Network

for rare or low prevalence complex diseases

 **Network**
Neuromuscular Diseases
(ERN EURO-NMD)



WHY NUTRITIONAL CARE MATTERS

- Nutrition supports overall health, mobility, and quality of life.
- Manages symptoms, slows disease progression, and prevents complications.



CHALLENGES

- Altered body composition and energy requirements.
- Difficulties with chewing, swallowing, and gastrointestinal function.
- Fatigue and reduced physical function impacting meal preparation and eating.



The Importance of Ongoing Care

Regular nutritional assessment is essential to adapt strategies to disease progression



1

Screening & Monitoring



- Monitor symptoms of dysphagia and appetite changes.
- Check weight monthly, or at each hospital appointment if monthly monitoring is not feasible.
- Annual blood tests for vitamin D, iron, and other nutritional markers when relevant.



2

Evaluation and diagnosis



- Dysphagia evaluation.
- Review dietary intake and meal consistency.
- Address contributing factors (e.g., fatigue, respiratory and gastrointestinal issues).



3

Management Strategies

For Overweight or Obesity

- Provide balanced meal plans and tailored physical activity.
- Screen for comorbidities like insulin resistance.
- Address emotional well-being.



For Malnutrition or Poor Appetite:

- Modify food texture, increase nutrient density, ensure hydration.
- Small, frequent meals and high-calorie/protein supplements.
- Consider enteral feeding when appropriate.
- Consider the need for supplements.



4

Communication and support



- **Patient and Provider Collaboration:**
Open dialogue between patients, caregivers, and healthcare professionals.
- **Coordinated Care:**
A multidisciplinary team-based approach ensures comprehensive and effective management

5

Additional Nutrition-Related Concerns

- **Metabolic Comorbidities:**
Manage conditions like diabetes or metabolic muscle diseases with specialized diets.
- **Gastrointestinal Issues:**
Address symptoms such as constipation or reflux with dietary changes and medical support.

6

Resources

Access clinical guidelines and educational tools

Scan it to get more information and share!

