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ABSTRACT

Malnutrition post liver transplant

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Before undergoing liver transplantation, it is essential for patients to maintain optimal nutrition. Malnutrition is common among individuals with liver disease and can have detrimental effects on the outcome of the surgery. Research has shown that malnourished patients are at higher risk of developing postoperative complications, such as infections, poor wound healing, and longer hospital stays.

Therefore, it is crucial for healthcare providers to assess the nutritional status of patients before surgery and provide appropriate interventions to improve their nutritional status. This may include dietary counseling, supplementation with vitamins and minerals, and, in some cases, enteral or parenteral nutrition. After liver transplantation, nutrition continues to play a critical role in the recovery and long-term health of patients. The body undergoes significant changes following surgery, and the new liver may require different nutrient requirements. Research has shown that adequate nutrition is essential for maintaining liver function, preventing complications, and optimizing outcomes.

Studies have also shown that patients who receive proper nutrition after transplant have better overall health and quality of life. For example, a diet high in protein can help to promote healing and reduce the risk of infection, while a diet low in salt and saturated fats can help to prevent complications such as hypertension and cardiovascular disease.

In conclusion, nutrition research before and after liver transplantation is essential for improving patient outcomes and quality of life. It is important for healthcare providers to assess and address the nutritional needs of patients, provide appropriate interventions, and monitor their progress throughout the transplant process. By prioritizing nutrition, we can help patients achieve the best possible outcomes and improve their overall health and well-being.

Keywords: malnutrition, liver transplant, nutrition in liver transplant

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