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**Manuscript Type:** REVIEW

### **Nutrition in alcohol-related liver disease: Physiopathology and management**

Kamran U *et al.* Management of malnutrition in ArLD

Umair Kamran, Jennifer Towey, Amardeep Khanna, Abhishek Chauhan, Neil Rajoriya, Andrew Holt

#### **Abstract**

Malnutrition encompassing both macro- and micro-nutrient deficiency, remains one of the most frequent complications of alcohol-related liver disease (ArLD). Protein-energy malnutrition can cause significant complications including sarcopenia, frailty and immunodepression in cirrhotic patients. Malnutrition reduces patient's survival and negatively affects the quality of life of individuals with ArLD. Moreover, nutritional deficit increases the likelihood of hepatic decompensation in cirrhosis. Prompt recognition of at-risk individuals, early diagnosis and treatment of

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	Craig McClain, Irina Kirpich, Laura Smart. "Malnutrition and Liver Disease", Wiley, 2017		
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Management of nutrition in alcoholic liver disease



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## Eating, Diet, & Nutrition for NAFLD & NASH | NIDDK

<https://www.niddk.nih.gov/.../liver-disease/nafl-d-nash/eating-diet-nutrition> ▼

The diagnosis and management of non-alcoholic fatty liver disease: practice guideline by the American Association for the Study of Liver Diseases, **American College of Gastroenterology**, and the American Gastroenterological Association.

## Diet for Alcoholic Liver Disease | Healthfully

<https://healthfully.com/diet-for-alcoholic-liver-disease-5918203.html> ▼

Nov 28, 2018 · Complex carbohydrates such as whole grains, vegetables and fruits are the best sources of glucose, the **body's** main fuel in alcoholic liver disease as well as the best source of **vitamins and minerals** often depleted in alcoholics.

## [PDF] ESPEN guideline on clinical nutrition in liver disease

<https://www.espen.org/files/ESPEN-Guidelines/ESPEN-guideline-liver-disease-2019.pdf>

involved in the management of liver disease, **family physicians, pharmacists, nurses, dieticians, nutritionists**, as well as by medical leaders and administrators of liver units.

## [PDF] Alcoholic Liver Disease: A Nutrition Focused Approach to ...

<https://mtand.org/wp-content/uploads/2017/02/Johnson-Laura.pdf>

appetite secondary to **alcoholic liver cirrhosis** as evidenced BY **SEVERE MUSCLE AND FAT LOSS PER PHYSICAL EXAM AND SEVERE WEIGHT LOSS GREATER THAN 5% IN ONE MONTH**

## (PDF) Nutrition in Alcoholic Liver Disease - ResearchGate

[https://www.researchgate.net/publication/7010237\\_Nutrition\\_in\\_Alcoholic\\_Liver\\_Disease](https://www.researchgate.net/publication/7010237_Nutrition_in_Alcoholic_Liver_Disease)

**Alcoholic liver disease** has a profound effect on **nutrient intake, nutrition status**, and metabolism, contributing to a high prevalence of malnutrition in this population. Early intervention with **nutrition therapy** may improve response to treatment, alleviate **symptoms**, and improve quality and quantity of life.



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## Nutrition assessment and management in advanced liver disease.

<https://www.ncbi.nlm.nih.gov/pubmed/23319353>

In this review, the **nutrition assessment tools** and general guidelines for **nutrition management** in patients with **advanced liver disease** are discussed to promote recognition of the **nutrition issues** affecting this **patient population** and lead to their improved survival and reduced morbidity.

**Cited by:** 116

**Author:** Tammy M. Johnson, Erin B. Overgard, A...

**Publish Year:** 2013

## Pathophysiology and Management of Alcoholic Liver Disease ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5347641>

Feb 21, 2017 · **Alcoholic liver disease (ALD)** is a leading cause of **cirrhosis**, **liver cancer**, and acute and **chronic liver failure** and as such causes significant morbidity and mortality. While **alcohol consumption** is slightly decreasing in several European countries, it is rising in others and remains high in many countries around the world.

**Cited by:** 68

**Author:** Felix Stickel, Christian Datz, Jochen Ha...

**Publish Year:** 2017

## Relationships Between Nutrition, Alcohol Use, and Liver ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6668875>

**Nutritional Management of Alcoholic Liver Disease.** As discussed in the previous sections, **alcohol consumption** and **alcohol metabolism** can lead to harmful effects on the **liver** through numerous **pathways related** to the **drinker's nutrition and metabolism**. **Alcoholic liver disease** typically develops in several sequential and partially overlapping stages.

**Cited by:** 300

**Author:** Charles S. Lieber

**Publish Year:** 2003

## [PDF] ESPEN guideline on clinical nutrition in liver disease

<https://www.espen.org/files/ESPEN-Guidelines/ESPEN-guideline-liver-disease-2019.pdf>



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**Cited by:** 300      **Author:** Charles S. Lieber

**Publish Year:** 2003

## [Nutrition in alcoholic liver disease.](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23101983>

Nutrition in alcoholic liver disease. **Singal AK(1), Charlton MR.** Author information: (1)**Division of Gastroenterology and Hepatology, Department of Internal Medicine, Mayo Clinic, 200 First Street Southwest, Rochester, MN 55905-0001, USA.** The liver plays an important role in the metabolism, synthesis, storage, and absorption of nutrients.

**Cited by:** 55      **Author:** Ashwani K. Singal, Michael R. Charlton

**Publish Year:** 2012

## [Nutrition assessment and management in advanced liver disease.](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23319353>

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