

Malnutrition, undernourishment in neurological and neurosurgical patients

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Neurosurgical and neurological disorders lead to complications producing malnutrition or undernourishment. Nutritional status affects mortality and pathology. Therefore, the aim should be either to maintain an optimal nutritional status, or supplement these subjects in order to overcome deficiencies in nutrients or prevent obesity. This presentation reviews methods of nutritional assessment and describes the physiopathological mechanisms of malnutrition based on the assumption that patients need to receive adequate nutrition to promote optimal recovery, placing nutrition as a first line treatment and not an afterthought in the rehabilitation.

Keywords: malnutrition, undernourishment, physiopathology, rehabilitation

Biography

Yannis Dionyssiotis worked as research fellow in the Laboratory for Research of the Musculoskeletal System at the University of Athens where he completed a thesis in Osteoporosis and Metabolic Bone Diseases. He served as specialist Physiatrist in the Rehabilitation Department of KAT Hospital in Athens, Rhodes General Hospital, and at Physical and Social Rehabilitation Center Amyntaio in Greece and in Germany in Westpfalz-Klinikum, Klinik für neurochirurg.-neurologische Frührehabilitation. His scientific and medical interests focus on the entire spectrum of rehabilitation-neurorehabilitation. He is the Editor of the book Osteoporosis, has written books, book chapters and PubMed papers.