

53rd Congress Vienna Austria May 21st–24th 2016



Leading European Nephrology

PRESS INFORMATION

22 May, 2016

Specific renal nutrition guidelines are needed to prevent sarcopenia and frailty in dialysis patients

At the 53rd ERA-EDTA Congress in Vienna, Lina Johansson presented a statement paper of nutrition in older dialysis patients. The topic is of major relevance, because the number of older people on dialysis is increasing. According to the ERA-EDTA Registry, 55% of incident dialysis patients are 65 or older – which means it is high time to develop specialized healthcare to manage their needs. This is especially relevant, because it seems likely that frailty and sarcopenia start earlier in people on dialysis. No studies have yet determined if nutrition alone can improve the level of frailty and sarcopenia in people on dialysis, however the geriatric literature contains promising data on nutritional interventions that can help improve muscle mass and function in older people in general. The statement paper discusses nutritional derangements in older patients on dialysis, argues that there is a need for specific renal nutrition guidelines, and summarizes potential interventions to meet their nutritional needs. The paper postulates the importance of interdisciplinary collaboration between renal and geriatric clinicians and demands specific studies, but also takes a social perspective. As Johansson pointed out in an interview: “We look at all the laboratory and clinical parameters of uremia, but we do not routinely consider the basic social issues that can accompany aging such as depression and who is doing the cooking, or can the patients do their shopping”.