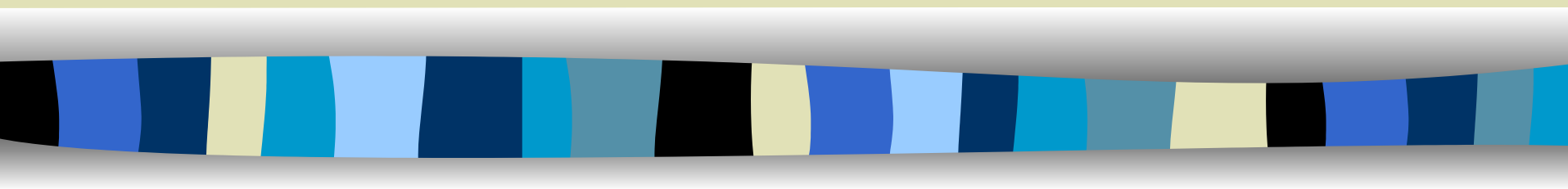


Pediatric Nutrition and Diet Issues of TM



Ann Weidenbenner, MS, RD, LD

Annette Haban-Bartz, MS, RD, LD



Bowel and Bladder Diet Issues

- Constipation

- high fiber
- sorbitol
- increased liquids
- oils in diet

- Diarrhea

- replace lost fluids and electrolytes
- adequate nutrition

- Neurogenic bladder

Why use botanicals/herbs/supplements?

- Looking for a cure
- “Just in case”
- Looking for a sense of control
- Natural versus synthetic
- Perceived lower cost of care



Supplements

■ Vitamin

– Vitamin C

- maintains skin integrity
- helps heal wounds
- important in immune function although **no available research to show that high supplements improves healing in healthy people**
- Don't overdose
- maximum daily intakes





Supplements

- Transfer factor (from animals -- cows)
 - people take it to improve immune system
 - little available information for effectiveness
 - concern about contamination with diseased animal parts (Mad Cow Disease)
 - may improve stool frequency in AIDS patients
 - **No evidence that Transfer Factor is effective for any indication.**

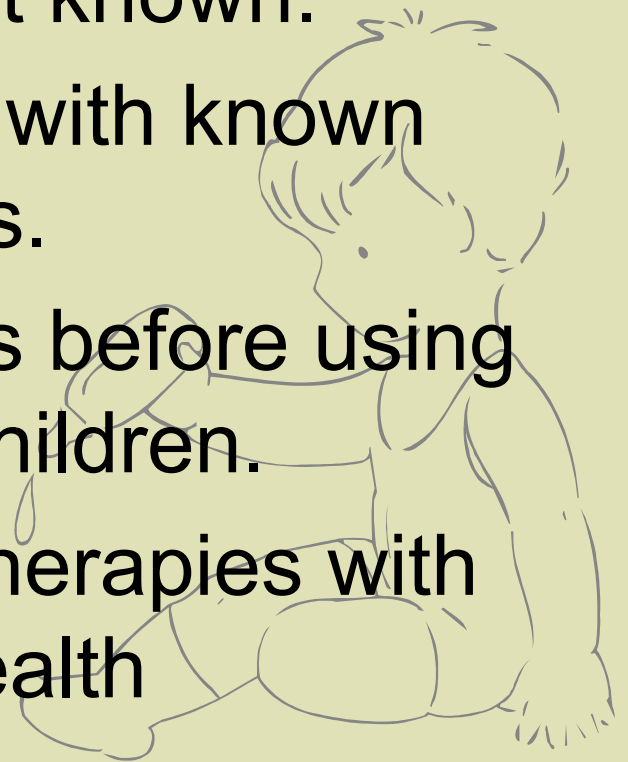
Parents need to know

- Natural” doesn’t mean safe.
- Herbal-pharmaceutical and herbal-herbal interactions occur.
- Lack of standardization = variable results.
- Contamination can occur, especially with heavy metals.
- There is a lack of information about use with children.



Parents need to know

- Don't use larger than recommended dosages.
- Longer-term safety is not known.
- Avoid herbal treatments with known adverse and toxic effects.
- Check with professionals before using herbal treatments with children.
- Talk about your herbal therapies with your doctor and other health professionals.



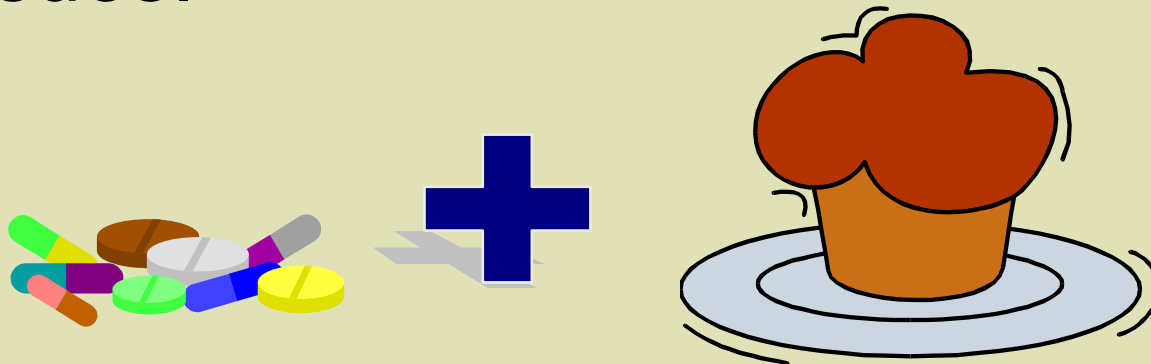


Gluten-free diet

- Gluten-free diet has been used with some patients who claim that it helps with symptoms.
- No research related to TM is available.
- This diet is a very restrictive diet and can be difficult to follow, but is not harmful as long as there are enough calories available for growth.

Drug/Nutrient Interactions

- Medications can cause alterations in the absorption of nutrients.
- Medications can cause concerns about eating, weight and other nutrition related issues.



Suggestions for relief of nutrition-related side effects of drugs

- Taste and smell dysfunction
 - mask taste with food, fruit juices or milk.
 - use gum, candy, mints or lemon juice as mouth rinses
 - encourage good oral hygiene



Suggestions for relief of nutrition-related side effects of drugs

■ Loss of appetite

- provide calorically dense foods or supplements
- enhance flavors with seasonings
- provide variety
- create pleasant eating environment; limit distractions and pressures
- small frequent meals



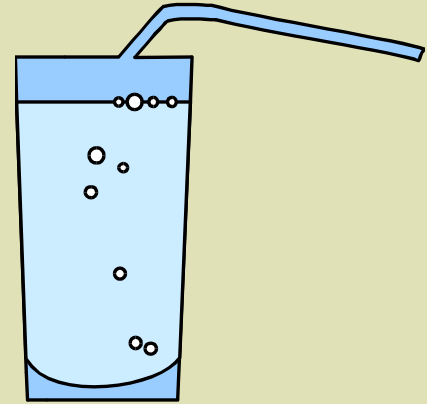


Suggestions for relief of nutrition-related side effects of drugs

■ Epigastric distress

- after taking drug, remain upright for 15-30 min.
- identify individual foods that may contribute to epigastric distress
- offer small, frequent meals
- avoid extremely hot or cold foods or liquids

Antibiotics



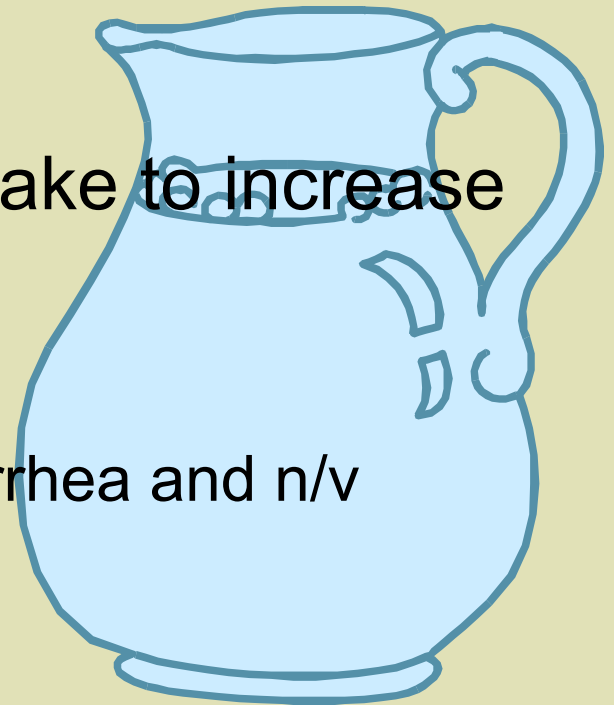
■ Erythromycin

- take with water and on empty stomach
- food decreases absorption of some forms of drug
- possible:
 - anorexia, n/v, diarrhea, oral yeast infection, epigastric distress
- caution with lactation

Antibiotics

■ Amoxicillin

- recommend high fluid intake to increase drug absorption
- possible:
 - GI distress, including diarrhea and n/v
- caution with lactation



Antibiotics

■ Azithromycin

- food can decrease absorption by half
- possible:
 - n/v, abdominal pain, diarrhea
- caution with lactation





GI Drugs

- Ranitidine (Zantac -- receptor antagonist)
 - can induce Vit B₁₂ depletion
 - increased risk of bleeding
 - limit caffeine
 - diet may be bland; take drug with meals
 - possible:
 - n/v, abdominal pain, diarrhea, constipation
 - caution with lactation

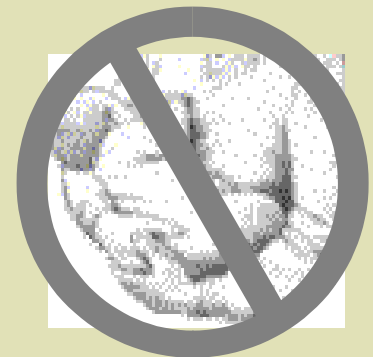
CNS Drugs



- Phenobarbital (anticonvulsant)
 - folate deficiency resulting in possible megaloblastic anemia
 - Increases metabolism of Vit D and Vit K
 - Vit D deficiency in long term use leading to Ca deficiency
 - Vit K deficiency, especially in infant whose mother has taken drug
 - increases Vit C and Vit B₁₂ requirements

CNS Drugs

- Phenobarbital, continued
 - Vit B₆ may decrease drug effects
 - possible:
 - n/v, constipation
 - not for use with lactation
 - avoid alcohol and limit caffeine





CNS Drugs

- Phenytoin (Dilantin -- antiseizure)
 - same vitamin concerns as Phenobarbital
 - high folic acid intake can interfere with seizure control
 - possible gum hyperplasia, altered taste, n/v, constipation, rickets or osteomalacia
 - Tube Feedings can decrease bioavailability of the drug
 - caution with diabetes, can lead to increased blood glucose



CNS Drugs

- Gabapentin (Neurontin)
 - possible increase in weight and appetite
 - dry mouth or throat or stomach upset



Antidepressants

- Tricyclic antidepressants (Elavil, Tofranil, etc..)
 - can cause taste changes and dry mouth
 - constipation or diarrhea and gas
 - possible reflux
 - increased appetite
 - weight gain
 - increased need for Riboflavin (B₂)
 - limit caffeine intake
 - caution with lactation



Antidepressants

- Serotonin re-uptake inhibitors (Prozac, Zoloft, Paxil)
 - Food increases drug's absorption
 - anorexia with possible weight loss
 - nausea
 - diarrhea or constipation
 - dry mouth



Anti-anxiety

- Benzodiazepines (Xanax, Klonopin, etc..)
 - gi distress (constipation, cramps or diarrhea)
 - nausea/vomiting
 - weight loss or weight gain
 - increased salivation or dry mouth
 - caution for lactation

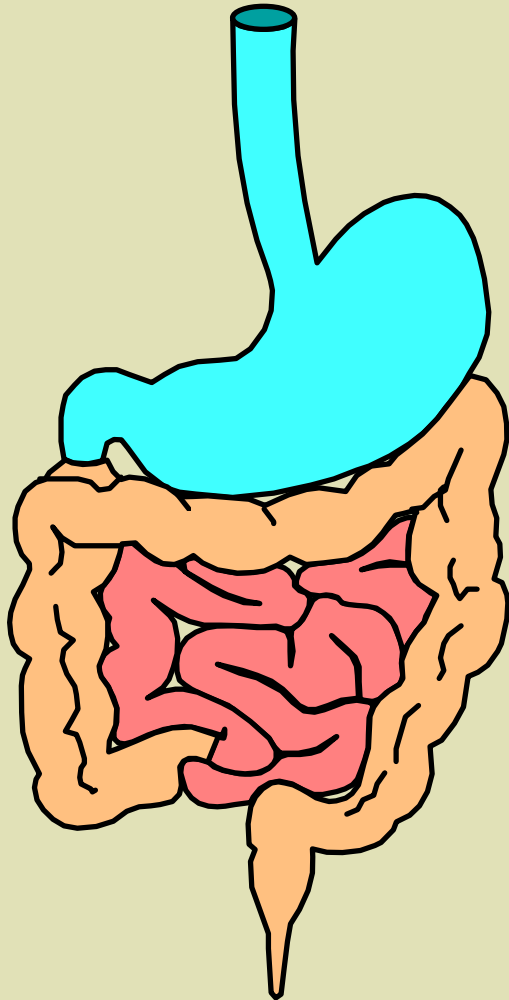


Laxatives (over the counter)

■ EX-lax, Dulcolax

- increased intestinal movement can cause potassium deficiency.
- Long term use can decrease potassium and calcium stores.
- Nausea, belching, abdominal cramps and diarrhea
- Take on empty stomach with fluid.
- Do not take within one hour of milk or taking calcium or magnesium supplement

Antispasmodic



- Oxybutynin Cl (Ditropan)
 - Dry mouth
 - Nausea/vomiting
 - constipation
 - decreased GI motility



Steroids

■ Prednisone

- possible: weight gain due to appetite or edema; stunting of growth in children with long term use; increased risk of drug-induced osteoporosis
- caution with diabetics
- caution with lactation
- some recommend multivitamin/mineral supplement
- diet may be low sodium and high protein



Questions?