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Anthropometric And Nutrient Status In Parkinson Disease Patients

Key Words

Parkinson disease

Anthropometrics

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ABSTRACT

Anthropometric parameters and nutrient analyses were assessed in 26 patients (13 male, 13 female, 52-83 years old) with Parkinson's disease (PD). Weight, height, triceps skin-fold thickness (TSF), and mid-arm circumference (MAC) were recorded. A multiple 24-h recall method was used to evaluate the intake of calories and nutrients in 15 PD outpatients who were screened by regular follow-up during the 6-month experimental period in the Taipei area. Fifty-eight percent of patients had experienced some difficulties on gastrointestinal functions. The average energy and protein intakes of patients were 1635 kcal/d and 57.4 ± 13.1 g/d, respectively. Men and women respectively had 87% and 79% of the RDNA (Recommended Daily Nutrient Allowance) energy intake. The protein intake of PD patients was above 90% of the RDNA. No correlations were found between weight, BMI (body mass index), TSF, MAC, and duration or stage of disease. As to nutritional management, patients with less than an 11-year duration of disease were not at nutritional risk in this survey.

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INTRODUCTION

Nutritional status may be important in determining patient well-being and functional capacity. Triceps skinfold thickness (TSF) and mid-arm circumference (MAC) are often used as indicators of nutritional sta-

tus. Research from overseas¹⁻³ has been directed towards the measurement of nutritional status and dietary intake of Parkinson's disease (PD) patients. Patients with PD are often thin and have lower serum albumin levels as reported by Abbott et al.¹ and Markus et al.² There has been no survey investigating the nutri-

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