



Nutrition & Eating Disorders in Later Life

February 2019

The Anorexia of Aging: Is it a Geriatric Syndrome?

https://sagelink.ca/the_anorexia_of_aging_is_it_a_geriatric_syndrome

The authors of this publication discuss the complex the problem of anorexia of aging and how it fulfills the criteria of being geriatric syndrome description (as it was currently defined).

Anorexia of Aging: Risk Factors, Consequences, and Potential Treatments

https://sagelink.ca/anorexia_of_aging_risk_factors_consequences_and_potential_treatments

This review discusses the prevalence of this disorder and the importance of addressing it within clinical practice. Mechanisms of risk factors for, as well as the disorders consequences, validated screening tools and treatment options are discussed.

Anorexia of Aging: Assessment and Management

https://sagelink.ca/anorexia_and_aging_assessment_and_management

In this article the authors provide a concise summary of causes and factors that influence anorexia of aging including currently available tools for assessment and management

Geriatric Anorexia Nervosa

https://sagelink.ca/geriatric_anorexia_nervosa

This brief report overviews key considerations in regards to the prevalence and importance of anorexia in older adults. A case study is included.

Anorexia of Aging: A Modifiable Risk Factor for Frailty

https://sagelink.ca/anorexia_of_aging_a_modifiable_risk_factor_for_frailty

This overview discusses the relevance of anorexia in the context of sarcopenia and frailty. The importance of treating anorexia in frail older adults is highlighted.

Anorexia, Weight Loss, and Frailty

https://sagelink.ca/anorexia_weight_loss_and_frailty

This editorial discusses a variety of factors that influence anorexia, weight loss and frailty with aging.

Anorexia, Physical Function and Incident Disability Among the Frail Elderly Population: Results From the iSIRENTE Study

https://sagelink.ca/anorexia_physical_function_and_incident_disability_among_the_frail_elderly_population

This article describes a study that aimed to evaluate the relationship between anorexia of aging and measure of physical performance, muscle strength and functional status in older adults 80 years or older.

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Anorexia due to Depression in the Elderly From the Viewpoint of Primary Care

https://sagelink.ca/anorexia_due_to_depression_in_the_elderly_from_the_viewpoint_of_primary_care

The authors discuss how anorexia is one of the major symptoms of depression in the elderly. Many elderly patients visit primary care physicians prior to seeking psychiatric help and therefore greater awareness and screening in the primary care setting is needed. A case study is included and discussed.

Anorexia and Eating Patterns in the Elderly

https://sagelink.ca/anorexia_an_eating_patterns_in_the_elderly

This article describes a study investigating the change in eating habits among community-dwelling and institutionalized older adults with senile anorexia.

Eating Disorders in Late-Life

https://sagelink.ca/eating_disorders_in_late-life

This review focuses on late-life eating disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder with a focus on diagnosis and management.

An Overview of Appetite Decline in Older People

https://sagelink.ca/an_overview_of_appetite_decline_in_older_people

This overview aims to help health care providers understand the causes of reduced appetite and knowing how to measure it will assist in identifying individuals with impaired appetite. Strategies to promote better appetite and increase food intake are explored.

Evidence-Based Recommendations for Optimal Dietary Protein Intake in Older People: A Position Paper from the PROT-AGE Study Group

https://sagelink.ca/evidence-based_recommendations_for_optimal_dietary_protein_intake_in_older_adults

This article presents the different recommendations for protein intake based on health status and conditions of older adults.

Risk Factors for Malnutrition in Older Adults: A Systematic Review of the Literature Based on Longitudinal Data

https://sagelink.ca/risk_factors_for_malnutrition_in_older_adults

This article describes a systematic review that critically examined the available scientific literature on risk factors for malnutrition in the older population 65 years and older.

Malnutrition in the Elderly: A Multifactorial Failure to Thrive

https://sagelink.ca/malnutrition_in_the_elderly_a_multifactorial_failure_to_thrive

The author argues the need for nutritional assessment and treatment as a routine part of care for older adults regardless of care setting.

CE: Malnutrition in Older Adults

https://sagelink.ca/malnutrition_in_older_adults

This continuing education article provides an evidence-based review of risk factors, assessment and intervention.

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Tackling the Increasing Problem of Malnutrition in Older Persons: The Malnutrition in the Elderly (MaNuEL) Knowledge Hub

https://sagelink.ca/tackling_the_increasing_problem_of_malnutrition_in_older_persons

This paper introduces the European Initiative, the "Joint Action Malnutrition in the Elderly", its objectives and design.

Malnutrition is Associated with Increased Mortality in Older Adults Regardless of the Cause of Death

https://sagelink.ca/malnutrition_is_associated_with_increased_mortality_in_older_adults_regardless_of_the_cause_of_death

This article describes a cohort study undertaken to determine whether malnutrition is associated with cause-specific mortality in older adults.

Malnutrition in Hospitalized Older Patients: Management Strategies to Improve Patient Care and Clinical Outcomes

https://sagelink.ca/malnutrition_in_hospitalized_older_patients

The author describes the common problem of unrecognized malnutrition among hospitalized older adults and describes screening, assessment and management.

Screening for Malnutrition in Older People

https://sagelink.ca/screening_for_malnutrition_in_older_people

This article examines nutritional screening and assessment tools designated for older adults.

Malnutrition in Elderly and its Relation to Depression

https://sagelink.ca/malnutrition_in_elderly_and_its_relation_to_depression

This article discusses the relationship between depression and malnutrition and the vicious cycle that can occur among a geriatric population

Sarcopenia and Malnutrition in the Elderly

https://sagelink.ca/sarcopenia_and_malnutrition_in_the_elderly

This chapter overviews sarcopenia and malnutrition and the relationship between the two.

Sarcopenic Dysphagia https://sagelink.ca/sarcopenic_dysphagia

The authors conducted a review of the literature available with the objective of providing a guide for early detection and management of sarcopenic dysphagia in clinical practice.

Dysphagia in the Elderly https://sagelink.ca/dysphagia_in_the_elderly

This article discusses the prevalence of dysphagia among older adults, the physiology of swallowing, common causes, testing and diagnosis, medications that can affect swallowing function, treatment and rehabilitation.

Dysphagia: A Geriatric Giant? https://sagelink.ca/dysphagia_a_geriatric_giant

This paper presents the argument that the etiology of dysphagia is multiple and associated with increased dependency and mortality and as such dysphagia meets the criteria to be classified as a geriatric syndrome or giant.

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Dysphagia in the Elderly: Management and Nutritional Considerations

https://sagelink.ca/dysphagia_in_the_elderly_management_and_nutritional_considerations

This article discusses the effectiveness of swallowing rehabilitation to increase safe oral intake among older adults and the impact on reduced pneumonia rates.

Preventing Aspiration in Older Adults with Dysphagia

https://sagelink.ca/preventing_aspiration_in_older_adults_with_dysphagia

This edition of Try This: Best Practices in Nursing Care to Older Adults aims to describe why older adults with dysphagia are at higher risk of aspiration and best practices for prevention.

Oropharyngeal Dysphagia is a Risk Factor for Community-Acquired Pneumonia in the Elderly

https://sagelink.ca/oropharyngeal_dysphagia_is_a_risk_factor_for_CA_pneumonia_in_the_elderly

This study investigated the association of dysphagia and community-acquired pneumonia. The authors propose universal dysphagia in older persons with pneumonia.

Diagnosis and Management of Oropharyngeal Dysphagia and its Nutritional and Respiratory Complications in the Elderly

https://sagelink.ca/DM_of_oropharyngeal_dysphagia_and_its_nutritional_and_respiratory_complications_in_the_elderly

This article examines two common types of complications in older people with oropharyngeal dysphagia.

Evaluation of Dysphagia Risk, Nutritional Status and Caloric Intake in Elderly Patients with Alzheimer's

https://sagelink.ca/evaluation_of_dysphagia_risk_nutritional_status_and_caloric_intake_in_elderly_patients_with_AD

The authors conducted a study to evaluate the risk of dysphagia and its relationship with the stage of Alzheimer's disease including the relationship of dysphagia and nutritional status and caloric intake.

Dysphagia Risk, Low Muscle Strength and Poor Cognition Predict Malnutrition Risk in Older Adults at Hospital Admission

https://sagelink.ca/dysphagia_risk_low_muscle_strength_and_poor_cognition_predict_malnutrition_risk_in_older_adults_at_hospital_admission

This article describes a cross-sectional study conducted in 234 older adults in New Zealand aimed at investigating the magnitude and potential predictors of malnutrition risk at hospital admission.

Dysphagia, Dementia and Frailty

https://sagelink.ca/dysphagia_dementia_and_frailty

This editorial reviews many considerations for dysphagia among older adults with dementia and the increased prevalence of frailty.

The Edinburgh Feeding Evaluation in Dementia Scale

https://sagelink.ca/the_Edinburgh_Feeding_Evaluation_in_Dementia_Scale

This guide introduces the Edinburgh Feeding Evaluation in Dementia scale, an 11 item instrument developed to assess eating and feeding problems in individuals in late-stage dementia. Related resources are linked to.

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Managing Malnutrition in Patients with Dementia

https://sagelink.ca/managing_malnutrition_in_patients_with_dementia

This article attempts to familiarize readers with some of the issues of providing nutritional care to those with dementia in hospital. The authors suggest strategies to address the maintenance of oral intake.

ESPEN Guidelines on Nutrition in Dementia

https://sagelink.ca/ESPEN_guidelines_on_nutrition_in_dementia

The European Society for Clinical Nutrition and Metabolism guidelines include 26 recommendations for nutritional care as an integral part of dementia management.

Relationship between Eating Disturbance and Dementia Severity in Patients with Alzheimer's Disease

https://sagelink.ca/relationship_between_eating_disturbance_and_dementia_severity_in_patients_with_AD

This research article describes a study in which the findings suggest there is a relationship between different kinds of eating disturbance and the severity of Alzheimer's Disease.

Pica after Acquired Brain Injury and in Degenerative Diseases is Associated with Temporal Lobe Dysfunction and its Related Semantic Memory Deficits

https://sagelink.ca/pica_after_ABI_and_in_degenerative_diseases_is_associated_with_temporal_lobe_dysfunction_and_its_related_semantic_memory_deficits

This publication describes a study where the findings suggest that semantic memory deficits as a result of temporal lobe damage or degeneration may lead to pica.

Feeding Choices for People with Advanced Parkinson's Disease

https://sagelink.ca/feeding_choices_for_people_with_advanced_PD

This information guide is intended for patients, families and caregivers. It helps explain how Parkinson's disease can affect nutrition, how to test for swallowing problems, what can be done to help and information on tube feeding.

Obesity in the Elderly: An Emerging Health Issue

https://sagelink.ca/obesity_in_the_elderly_an_emerging_health_issue

This editorial in the International Journal of Obesity discusses the dramatic increase in obesity among older people. Despite the adverse health issues associated with obesity, the issue of obesity in the elderly is frequently considered negligible by clinicians.

Obesity and Weight Management in the Elderly

https://sagelink.ca/obesity_and_weight_management_in_the_elderly

This pdf presentation by Dr. H el ene O'Connor addresses common questions in relation to obesity and weight management in the elderly.

Obesity in Elderly Subjects

https://sagelink.ca/obesity_in_elderly_subjects

This article discusses the implications of obesity and trends in how obesity is viewed in the elderly by health care profess

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Nutrition Considerations for the Growing Population of Older Adults With Diabetes

https://sagelink.ca/nutrition_considerations_for_the_growing_population_of_older_adults_with_diabetes

This article discusses many of the key nutrition-related considerations in diabetes self-care in diabetic older adults.

Diabetes in Older People

https://sagelink.ca/diabetes_in_older_people

These guidelines were developed by the Diabetes Canada Clinical Practice Guidelines Expert Committee and focuses on type 2 diabetes in older individuals.

Nutritional Challenges in the Elderly With Diabetes

https://sagelink.ca/nutritional_challenges_in_elderly_with_diabetes

This review argues the case of customizing nutritional guidelines to the individual needs of older diabetic persons.

Diabetes Self-Care and the Older Adult

https://sagelink.ca/diabetes_self_care_and_the_older_adult

This review includes summaries of literature, research findings, recommendations including nutritional considerations.

What is the Evidence for a Role for Diet and Nutrition in Osteoarthritis

https://sagelink.ca/what_is_the_evidence_for_a_role_for_diet_and_nutrition_in_OA

The authors reviewed the literature on the relationship between OA risk and progression with the hope of developing recommendations for clinicians.

Effect of Vitamin D Supplementation on Muscle Strength, Gait and Balance in Older Adults: A Systematic Review and Meta-Analysis

https://sagelink.ca/effect_of_vitamin_D_supplementation_in_older_adults

Scientists at the University of Western Ontario analyzed 13 studies conducted over a 30-year period to determine the effects of vitamin D on muscle strength, gait, and balance in older adults. Their findings showed that older adults taking daily doses of at least 800 to 1000 International Units (IU) of vitamin D showed improvement in muscle strength and balance.

Pre-Hospital Dietary Intake Correlates with Muscle Mass at the Time of Fracture in Older Hip-Fractured Patients

https://sagelink.ca/dietary_intake_correlates_with_muscle_mass_at_the_time_of_fracture_in_older_hip_fx_patients

This article describes a study undertaken to explore the relationship between dietary intake and muscle mass in older hip-fractured patients.

Major Dietary Patterns and Risk of Frailty in Older Adults: A Prospective Cohort Study

<https://sagelink.ca/dietary-risk-frailty-older-adults-cohort-study>

There is emerging evidence of the role of certain nutrients as risk factors for frailty. However, people eat food, rather than nutrients, and no previous study has examined the association between dietary patterns empirically derived from food consumption and the risk of frailty in older adults.