

NUTRITION NOTES

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Weight Management and PCOS: A 5-10% reduction in weight can significantly reduce reproductive, metabolic and psychological symptoms for women with PCOS. As the first step in treatment, achieving reasonable and sustainable weight loss is often the biggest challenge. Research has shown a multidisciplinary approach including a mental health professional, *dietitian* and physical therapist is an effective way to achieve long-term weight loss.

Vitamin D COPD Connection: Several studies have found a positive correlation between serum 25(OH)D status and COPD. Evidence has shown supplementation decrease exacerbations in patients with serum 25(OH)D levels ≤ 10 ng/mL. Assessment and monitoring of vitamin D is included as part of the COPD Evidence-Based Nutrition Practice Guidelines.

Integrating Nutrition into Oncology Care: There are several barriers to making healthy food choices and staying physically fit after cancer diagnosis/treatment. Some include fatigue, stress, treatment-related changes in eating habits (change in taste, loss of appetite, craving unhealthy food) and pain or discomfort. A recent study shows many patients (74.9%) use the internet search as the primary source of seeking nutrition advice (in the breast cancer population). In conclusion, the study reinforced the need for developing tailored interventions and integrating nutrition into oncology care.

Adherence to Multivitamin Supplementation (MVS) Post Bariatric Surgery: Lifelong MVS is required post bariatric surgery, but compliance with this recommendation is poor. Patient-centered care is important to learn the different factors preventing compliance to further educate these patients to prevent vitamin deficiencies. This again, reinforces the importance of the RD's role in this patient population.