




Caregiver's CORNER

HDSA welcomes you to
Caregiver's Corner

Funded by an educational grant from 






Caregiver's Corner Webinar, 26 January, 2011
HD & Nutrition

Ann Gaba, EdD, RD, CDN

Questions

- Questions will be answered after the presentation.
- However, you may send a question anytime during the presentation.
- To send a question, go to the control panel that appears on the right side of your screen.
- There will be a panel for typing in a question.
- After typing your question, hit the "send" button



To View this Webinar Again

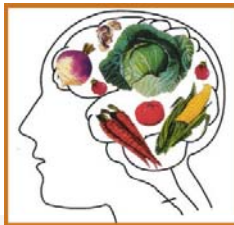
- Approximately 48-72 hours after this webinar is broadcast, you will be able to access it for viewing on the HDSA national website.
- To access this presentation, go to www.hdsa.org and scroll down the home page until you come to the link for the webinar. There will be an accompanying Powerpoint presentation that will allow you to print the slides out as well as a PDF file of additional information.
- Older webinars are archived in the *Living with HD* section.





Hello!
Welcome
to this
Webinar!





"Brain Healthy" Diet for Pre-symptomatic and Early Stage HD



Avoid excessive caffeine intake



Huntington's Disease Society of America

High-octane beverages

Caffeine is the new ingredient of choice for beverage companies. How high-energy drinks compare with coffee:

Milligrams of caffeine per 8-ounce serving

SOURCES: Coca-Cola, PepsiCo, International Coffee Organization


JAMES HANCOCK/ISTOCK PHOTO

Coffee	Propel	Coke	Diet Pepsi	Coke Blak	Diet Pepsi Max	Sobe Essential Energy	Energy drinks
128 mg	20 mg	23 mg	24 mg	46 mg	46 mg	48 mg	50 to 145 mg

Huntington's Disease Society of America

Vitamin B6


Food sources of vitamin B6 (pyridoxine) include beans, legumes, nuts, eggs, meats, fish breads and cereals



#ADAM

Vitamin B12

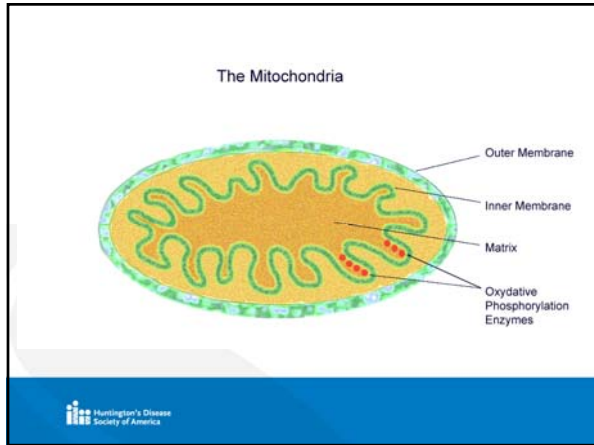
Food sources of vitamin B12: Eggs, meat, poultry, shellfish, milk and milk products

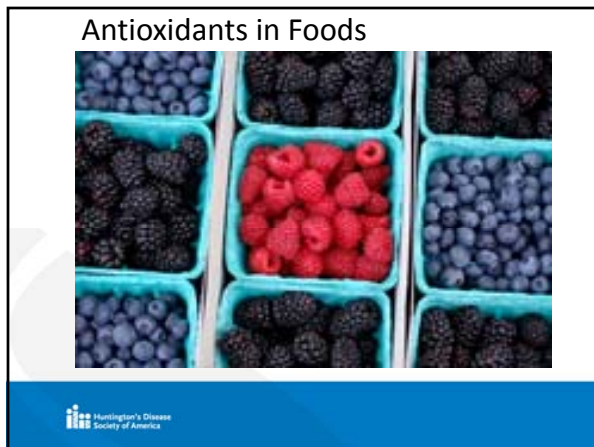


#ADAM

Huntington's Disease Society of America








Color Code System of Vegetables and Fruits

Color	Phytochemical	Vegetables and Fruits
Red	Lycopene	Tomatoes and tomato products, pink grapefruit, watermelon
Red/purple	Anthocyanins, polyphenols	Berries, grapes, red wine, prunes
Orange	α -, β -carotene	Carrots, mangoes, pumpkin
Orange/yellow	β -cryptoxanthin, flavonoids	Cantaloupe, peaches, oranges, papaya, nectarines
Yellow/green	Lutein, zeaxanthin	Spinach, avocado, honeydew, collard and turnip greens
Green	Sulforaphanes, indoles	Cabbage, broccoli, Brussels sprouts, cauliflower
White/green	Allyl sulphides	Leeks, onion, garlic, chives

Data from Heber D. Vegetables, *F Postgrad Med* 50:145, 2004.



INFLAMMATION AND THE ROLE OF HEALTHY FATS





Essential Fatty Acids – Omega 3





Essential Fatty Acids

Flax



Borage 

Evening Primrose 



Some other healthy fats



Spices



NUTRITIONAL NEEDS IN MID-STAGE HD

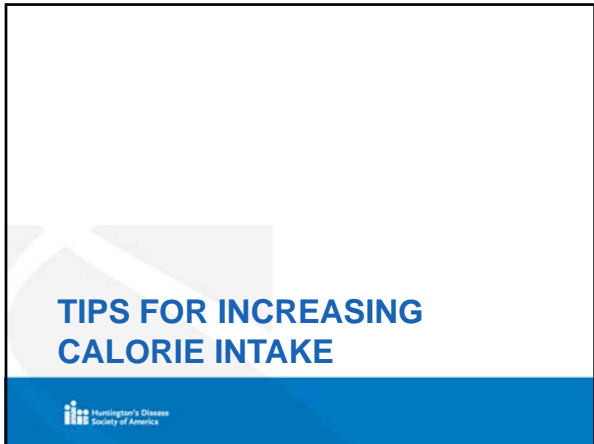


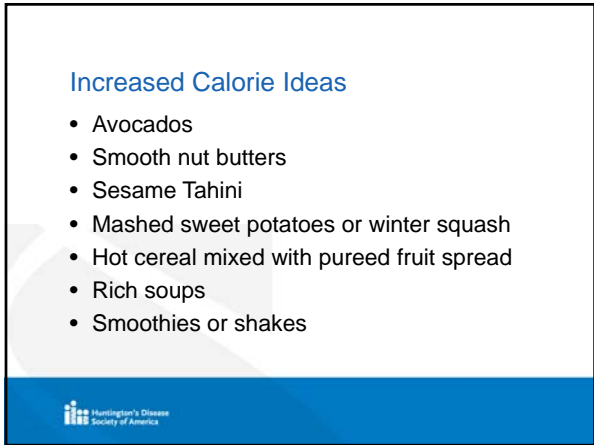
The Eating Environment

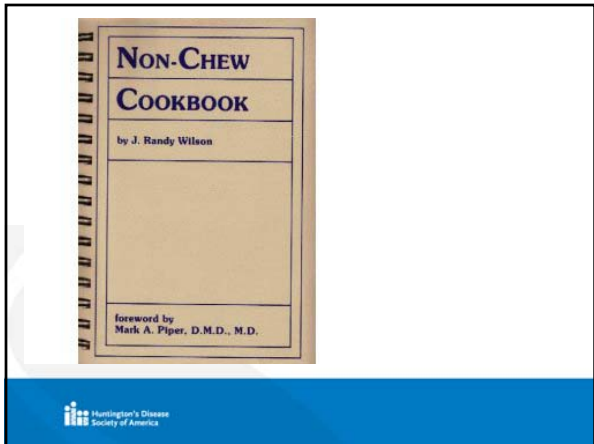


Weight Changes







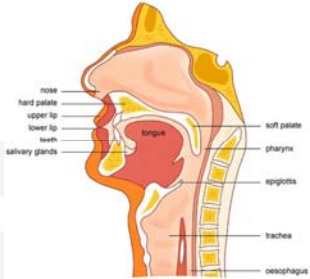




TIPS FOR COPING WITH SWALLOWING PROBLEMS



Swallowing Problems



Thickened liquids may help



THE HD KITCHEN EQUIP YOUR KITCHEN TO COPE WITH FOOD MODIFICATION NEEDS



A pastry cutter or
potato masher



A blender and/or food processor









Spoons and forks with larger handles



Huntington's Disease Society of America

Sports cups



Huntington's Disease Society of America


Easy to grip cups with straws



From the Party Store!

Huntington's Disease Society of America

NUTRITIONAL NEEDS IN LATER-STAGE HD




TUBE FEEDING




Indications

- Enteral nutrition support (tube feeding) is used when someone is unable to consume an adequate amount of food.
- Enteral nutrition can be used as a supplement to oral intake of foods and/or fluids, or as a sole means of providing nutrition.



Administration of Feeding Formula

- Continuous
- Intermittent / Cycled
- Bolus
- Supplemental





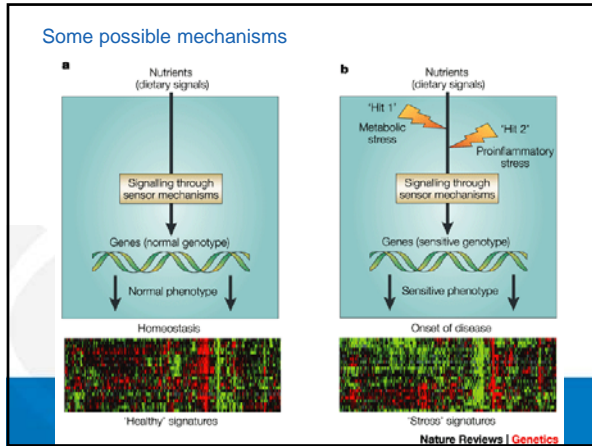
WHAT'S NEXT?

ONGOING RESEARCH



Nutrition and Genetics





Nutrigenomics

- Genetics: science of inheritance
- Genomics: complex interactions between genes, their protein products, and the environment
- **Nutrigenomics**: study of impact of the environment on genes and their protein products, how bioactive food components trigger changes in gene expression in response to the environment

Huntington's Disease Society of America

Questions & Discussion

Huntington's Disease Society of America
