Wasting Syndrome - a Real Threat for the Patients with Chronic Kidney Disease

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Abstract: Protein-energy wasting (PEW) syndrome was proposed by the International Society of Renal Nutrition and Metabolism (ISRNM) to define the multiple nutritional and metabolic alterations that occur in chronic kidney disease (CKD) and cause an increase in morbidity and mortality[1] There are also similar terms (Wasting Syndrome, Muscle Wasting, Malnutrition) present in literature and they often generate misunderstandings, confounding the doctors in estimating the vital risk for patients with CKD. Use of non-uniform and ill-defined terminologies may lead to the conceptual errors and misinterpretation of data.[2] Protein-energy wasting (PEW) caused by a variety of factors such as poor nutrition, proinflammatory state, metabolic imbalance etc. is frequently associated with end stage renal disease (ESRD). An early diagnosis allows a proper nutritional intervention and, consequential, the decrease in the cardiovascular risk associated to this pathology.

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