



Dijetoterapija kod neurodegenerativnih bolesti

Diet Therapy in Neurodegenerate Diseases

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Apstrakt

Neurodegenerativne bolesti svrstavaju se među najčešća oboljenja koja imaju posledice na funkcionisanje čitavog organizma. Budući da su neizlečive, naponi za unapređenje zdravlja primenom dijetoterapije primetni su u svim zemljama. U radu su prikazani nutritivni aspekti najčešćih neuroloških oboljenja (moždani udar, Alchajmerova bolest, migrena, autizam, epilepsija, autoimuna oštećenja nervnog sistema).

U dijetoterapiji neuroloških oboljenja, osim adekvatne ishrane bogate voćem i povrćem, ističe se povećana upotreba B i D vitamina, omega 3 i omega 6 masnih kiselina radi smanjenja upale i normalizacije nervnog funkcionisanja. U ishrani treba izbegavati proste ugljene hidrate, prerađenu hranu, prehrambene aditive i alkohol. Ketogena dijeta, s malo ugljenih hidrata i povećanim unosom masti, dokazano pozitivno utiče na moždanu funkciju kod epilepsije, multiple skleroze, Alchajmerovog oboljenja i migrene. Pojedine namirnice mogu biti inicijatori napada migrene i epi-napada.

U dijetoterapiji nakon CVI (celebralnog insulta) obroke treba prilagoditi mogućnostima pacijenata i po potrebi obezbediti adekvatnu tečno-kašastu ishranu, budući da se 50% pacijenata suočava s prisustvom disfagije, tj. problemom sa žvakanjem i gutanjem hrane. Preporučuje se primena DASH dijete za lečenje hipertenzije, bogate voćem, povrćem i vlaknima, uz povećan unos kalijuma (> 4.700 mg/dan) i smanjen unos natrijuma.

Zaključak: Neurološka oboljenja predstavljaju značajan teret za sistem zdravstvene i socijalne zaštite, budući da utiču na funkcionisanje celog organizma, na aktivnosti dnevnog života i rada obolelih. Adekvatnom i kvalitetnom ishranom možemo eliminisati faktore rizika, povoljno uticati na simptome ili odložiti napredak najčešćih neuroloških oboljenja.

Abstract

Neurodegenerative diseases are among the most common diseases that affect the functioning of the entire organism. Since they are incurable, efforts to improve health through dietary therapy are noticeable in all countries. The paper presents the nutritional aspects of the most common neurological diseases (stroke, Alzheimer's disease, migraine, autism, epilepsy, autoimmune damage to the nervous system).

In the diet therapy of neurological diseases, in addition to an adequate diet rich in fruits and vegetables, the increased use of vitamins B and D, omega 3, and omega 6 fatty acids are emphasized in order to reduce inflammation and normalize nerve functioning. Simple carbohydrates, processed foods, food additives, and alcohol should be avoided in the diet. A ketogenic diet, with low carbohydrates and increased fat intake, has been proven to have a positive effect on brain function in epilepsy, multiple sclerosis, Alzheimer's disease, and migraines. Certain foods can be the initiators of migraine attacks and epi-attacks.

In diet therapy after CVI (cerebral insult), meals should be adapted to the patient's capabilities and, if necessary, adequate liquid-mushy nutrition should be provided, since 50% of patients face the presence of dysphagia, i.e. problems with chewing and swallowing food. It is recommended to use the DASH diet - a diet for the treatment of hypertension, rich in fruits, vegetables, and fiber, with an increased intake of potassium (> 4,700 mg/day) and a reduced intake of sodium.

Conclusion: Neurological diseases represent a significant burden for the health and social care system since they affect the functioning of the whole organism, the activities of daily life, and the work of the sufferers. With adequate and high-quality nutrition, we can eliminate risk factors, have a favorable effect on symptoms, or delay the progress of the most common neurological diseases.

