

Presentation: Dietary Management of Chronic Diarrhea

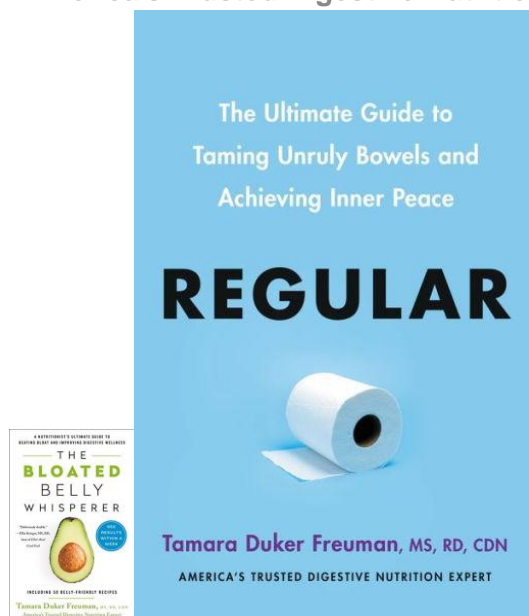
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CPE - 1.9

Chronic diarrhea affects millions of Americans and has adverse impacts on quality of life. Despite its common presentation, diarrhea has numerous etiologies and will therefore only respond to dietary interventions and medical treatments that are tailored to its cause. Through use of assessment techniques such as a food/symptom recall, RDNs are uniquely equipped to facilitate the medical diagnostic process and expedite symptom resolution for patients. This practical session will equip RDNs to understand the pathophysiology underlying common causes of diarrhea so that they can target their assessments and treatments more effectively. It will cover a variety of tailored diet interventions for diarrhea, including: soluble fiber therapy, low carbohydrate restricted diets for various forms of carbohydrate intolerance, low histamine diets and low particle size diets. It will also offer guidance on relevant evidence-based dietary supplements and how to titrate dosing of pancreatic enzyme replacement therapy to fat intake in patients with diarrhea from pancreatic insufficiency (EPI).

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