Guidelines and Guidance

**Obesity: identification, assessment and management of overweight and obesity in children, young people and adults – guidance (CG189)**
National Institute for Health and Care Excellence
Nutritional and metabolic disorders
This guideline updates and replaces section 1.2 of NICE CG 43 (December 2006). It offers evidence-based advice on the care and treatment of obesity. New recommendations have been added about low-calorie and very-low-calorie diets, bariatric surgery and follow-up care.

Identification, assessment, and management of overweight and obesity: summary of updated NICE guidance
Heather Stegenga, Alexander Haines, Katie Jones, John Wilding, on behalf of the Guideline Development Group
*BMJ* 2014;349:g6608
http://www.bmj.com/content/349/bmj.g6608?etoc=

**Vitamin D: increasing supplement use among at-risk groups – guidance (PH56)**
National Institute for Health and Care Excellence
Nutritional and metabolic disorders
This public health guideline aims to increase supplement use to prevent vitamin D deficiency among at-risk groups, as identified in 2012 by the UK Health Departments and in 2007 by the Scientific Advisory Committee on Nutrition.

**Protein intake and exercise for optimal muscle function with aging: Recommendations from the ESPEN Expert Group**
Nicolaas E.P. Deutz, Jürgen M. Bauer, Rocco Barazzoni, et al.
*Clinical Nutrition*, December 2014, 33(6), Pages 929-936

**Journal articles**

**Ageing**

Research article [Open Access]
**Treatment of vascular risk factors in patients with a diagnosis of Alzheimer’s disease: a systematic review**
Raffaella Valenti, Leonardo Pantoni, Hugh S Markus
*BMC Medicine* 2014, 12:160 (11 November 2014)
Review [Open Access]
Cardiovascular risk factors and future risk of Alzheimer's disease
Renée de Bruijn, M Ikram
BMC Medicine 2014, 12:130 (11 November 2014)

Research article [Open Access Highly accessed]
Association of behaviour change techniques with effectiveness of dietary interventions among adults of retirement age: a systematic review and meta-analysis of randomised controlled trials
Jose Lara, Elizabeth H Evans, Nicola O'Brien, et al.
BMC Medicine 2014, 12:177 (7 October 2014)

Gastrostomy Tube Placement in Patients With Advanced Dementia or Near End of Life
Denise Baird Schwartz, Albert Barrocas, John R. Wesley, et al.
Nutr Clin Pract December 2014 29: 829-840
Abstract

Dietary flavonoid intake at midlife and healthy aging in women
Cécilia Samieri, Qi Sun, Mary K Townsend, Eric B Rimm, and Francine Grodstein
Am J Clin Nutr 2014; 100:1489-1497
http://ajcn.nutrition.org/content/100/6/1489.abstract

Effect of daily vitamin B-12 and folic acid supplementation on fracture incidence in elderly individuals with an elevated plasma homocysteine concentration: B-PROOF, a randomized controlled trial
Janneke P van Wijngaarden, Karin MA Swart, Anke W Enneman, et al.
Am J Clin Nutr 2014; 100:1578-1586
http://ajcn.nutrition.org/content/100/6/1578.abstract

Leucine as a treatment for muscle wasting: A critical review
Daniel J. Ham, Marissa K. Caldow, Gordon S. Lynch, René Koopman
Clinical Nutrition, December 2014, 33(6), Pages 937-945

The validity of Geriatric Nutrition Risk Index: Simple tool for prediction of nutritional-related complication of hospitalized elderly patients. Comparison with Mini Nutritional Assessment
Clinical Nutrition, December 2014, 33(6), Pages 1108-1116

Alcohol

Alcohol health literacy in young adults with Type 1 diabetes and its impact on diabetes management
Diabetic Medicine, December 2014, 31(12), (pages 1625–1630)

Cancer

Alcohol, one-carbon nutrient intake, and risk of colorectal cancer according to tumor methylation level of IGF2 differentially methylated region
Reiko Nishihara, Molin Wang, Zhi Rong Qian, et al.
Am J Clin Nutr 2014; 100:1479-1488
http://ajcn.nutrition.org/content/100/6/1479.abstract

Efficacy of arginine-enriched enteral formulas in the reduction of surgical complications in head and neck cancer: A systematic review and meta-analysis
Alfonso Vidal-Casariego, Alicia Calleja-Fernández, Rocío Villar-Taibo, et al.
Clinical Nutrition, December 2014, 33(6), Pages 951-957

Effects of an oral nutritional supplement containing eicosapentaenoic acid on nutritional and clinical outcomes in patients with advanced non-small cell lung cancer: Randomised trial
**Cardiovascular diseases**

*Research article* [Open Access]

**Dietary calcium intake and mortality risk from cardiovascular disease and all causes: a meta-analysis of prospective cohort studies**
Xia Wang, Hongxia Chen, Yingying Ouyang, Jun Liu, Gang Zhao, Wei Bao, Maosheng Yan
*BMC Medicine* 2014, 12:158 (25 September 2014)

**Cholesterol-lowering effects of oat β-glucan: a meta-analysis of randomized controlled trials**
Anne Whitehead, Eleanor J Beck, Susan Tosh, and Thomas MS Wolever
*Am J Clin Nutr* 2014; 100:1413-1421 OPEN ACCESS ARTICLE
[http://ajcn.nutrition.org/content/100/6/1413.abstract](http://ajcn.nutrition.org/content/100/6/1413.abstract)

**Circulating biomarkers of dairy fat and risk of incident stroke in U.S. men and women in 2 large prospective cohorts**
Mohammad Y Yakoob, Peilin Shi, Frank B Hu, et al.
*Am J Clin Nutr* 2014; 100:1437-1447
[http://ajcn.nutrition.org/content/100/6/1437.abstract](http://ajcn.nutrition.org/content/100/6/1437.abstract)

**Effects of salt substitutes on blood pressure: a meta-analysis of randomized controlled trials**
Ya-Guang Peng, Wei Li, Xiao-Xiao Wen, Ying Li, Ji-Hong Hu, and Lian-Cheng Zhao
*Am J Clin Nutr* 2014; 100:1448-1454
[http://ajcn.nutrition.org/content/100/6/1448.abstract](http://ajcn.nutrition.org/content/100/6/1448.abstract)

**Is there a linear relationship between the dose of ruminant trans-fatty acids and cardiovascular risk markers in healthy subjects: results from a systematic review and meta-regression of randomised clinical trials**
Constance Gayet-Boyer, Fanny Tenenhous-Aziza, Caroline Prunet, Corinne Marmonier, Corinne Malpuech-Brugère, Benoît Lamarche, Jean-Michel Chardigny

**Intrinsic heart rate recovery after dynamic exercise is improved with an increased omega-3 index in healthy males**
Michael J. Macartney, Lachlan Hingley, Marc A. Brown, Gregory E. Peoples, Peter L. McLennan

**Role of Glycemic Index in the Context of an Overall Heart-Healthy Diet**
Robert H. Eckel, MD.
*JAMA.* 2014;312(23):2508

**Effects of High vs Low Glycemic Index of Dietary Carbohydrate on Cardiovascular Disease Risk Factors and Insulin Sensitivity: The OmniCarb Randomized Clinical Trial**
Frank M. Sacks, MD, Vincent J. Carey, PhD, Cheryl A. M. Anderson, PhD, MPH, et al.
*JAMA.* 2014;312(23):2531
Critical Care

Feeding the Critically Ill Patient
McClave, Stephen A. MD; Martindale, Robert G. MD, PhD; Rice, Todd W. MD, MSc; Heyland, Daren K. MD
Critical Care Medicine: December 2014 - Volume 42 - Issue 12 - p 2600–2610

Additional oligofructose/inulin does not increase faecal bifidobacteria in critically ill patients receiving enteral nutrition: A randomised controlled trial
Hazreen A. Majid, Jayne Cole, Peter W. Emery, Kevin Whelan
Clinical Nutrition, December 2014, 33(6), Pages 966-972

Diabetes

Research article Open Access
Dairy consumption and risk of type 2 diabetes: 3 cohorts of US adults and an updated meta-analysis
Mu Chen, Qi Suri, Edward Giovannucci, Dariush Mozaffarian, JoAnn E Manson, Walter C Willett, Frank B Hu
Abstract | Full text | PDF | Editor's summary

Long-term changes in dietary and food intake behaviour in the Diabetes Prevention Program Outcomes Study
L. M. Jaacks, Y. Ma, N. Davis, et al. and for the Diabetes Prevention Program Research Group
Diabetic Medicine, December 2014, 31(12), (pages 1631–1642)

Serum pentadecanoic acid (15:0), a short-term marker of dairy food intake, is inversely associated with incident type 2 diabetes and its underlying disorders
Ingrid D Santarén, Steven M Watkins, Angela D Liese, et al.
Am J Clin Nutr 2014; 100:1532-1540
http://ajcn.nutrition.org/content/100/6/1532.abstract

Does Knowing One’s Elevated Glycemic Status Make a Difference in Macronutrient Intake?
Barbara H. Bardenheier, Mary E. Cogswell, Edward W. Gregg, et al.
Diabetes Care December 2014 37:3143-3149
Abstract

Rationale and Design of the Vitamin D and Type 2 Diabetes (D2d) Study: A Diabetes Prevention Trial
Anastassios G. Pittas, Bess Dawson-Hughes, Patricia R. Sheehan, et al., and the D2d Research Group
Diabetes Care December 2014 37:3227-3234
Abstract

Changes in Adipose Tissue Depots and Metabolic Markers Following a 1-Year Diet and Exercise Intervention in Overweight and Obese Patients With Type 2 Diabetes
Dympna Gallagher, Stanley Heshka, David E. Kelley, et al., and the MRI Ancillary Study Group of the Look AHEAD Research Group
Diabetes Care December 2014 37:3325-33321585
Abstract

Dietary Intervention in Patients With Gestational Diabetes Mellitus: A Systematic Review and Meta-analysis of Randomized Clinical Trials on Maternal and Newborn Outcomes
Luciana Verçoza Viana, Jorge Luiz Gross, and Mirela Jobim Azevedo
Diabetes Care December 2014 37:3345-3355
Abstract

High cholesterol intake is associated with elevated risk of type 2 diabetes mellitus – A meta-analysis
Ryoko Tajima, Satoru Kodama, Miho Hirata, et al.
Clinical Nutrition, December 2014, 33(6), Pages 946-950
**Vitamin D deficiency is associated with inflammatory cytokine concentrations in patients with diabetic foot infection**
Shalbha Tiwari, Daliparthi Devi Pratyush, Sanjeev Kumar Gupta, Surya Kumar Singh

**Gastroenterology, Digestive Diseases**

**Exercise and associated dietary extremes impact on gut microbial diversity**
Siobhan F Clarke, Eileen F Murphy, Orla O'Sullivan, et al.
Gut 2014;63:1913-1920

**Nasogastric nutrition is efficacious in severe acute pancreatitis: a systematic review and meta-analysis**
Deirdre M. Nally, Enda G. Kelly, Mary Clarke, Paul Ridgway

**Lipidomic analysis of fatty acids in erythrocytes of coeliac patients before and after a gluten-free diet intervention: a comparison with healthy subjects**
Giuseppe Riezzo, Carla Ferreri, Antonella Orlando, Manuela Martulli, Benedetta D'Attoma, Francesco Russo
British Journal of Nutrition, Volume 112, Issue 11, December 2014, pp 1787 - 1796

**Non-alcoholic fatty liver disease: need for a balanced nutritional source**
Jayagopalan Veena, Anjaneyulu Muragundla, Srinivas Sidgiddi, Swaminathan Subramaniam
British Journal of Nutrition, Volume 112, Issue 11, December 2014, pp 1858 - 1872

**Altered Duodenal Microbiota Composition in Celiac Disease Patients Suffering From Persistent Symptoms on a Long-Term Gluten-Free Diet**
Pirjo Wacklin, Pilvi Laurikka, Katri Lindfors, et al.
Am J Gastroenterol 2014 109: 1933-1941

**Branched-chain amino acid supplementation in adults with cirrhosis and porto-systemic encephalopathy: Systematic review**
Emma Louise Metcalfe, Alison Avenell, Andrew Fraser
Clinical Nutrition, December 2014, 33(6), Pages 958-965

**Energy expenditure and balance among long term liver recipients**
Helem S. Ribeiro, Lucilene R. Anastácio, Livia G. Ferreira, Agnaldo S. Lima, Maria Isabel T.D. Correia
Clinical Nutrition, December 2014, 33(6), Pages 1147-1152

**Nutritional Status, Dietary Intake, Dietary Supplements**

**Mediterranean diet and telomere length in Nurses' Health Study: population based cohort study**
Marta Crous-Bou, Teresa T Fung, Jennifer Prescott, et al.
BMJ 2014;349:g6674
http://www.bmj.com/content/349/bmj.g6674?etoc=

**Effect of n−3 PUFA supplementation on cognitive function throughout the life span from infancy to old age: a systematic review and meta-analysis of randomized controlled trials**
Jingjing Jiao, Qingqing Li, Jingjing Chu, Weijiang Zeng, Min Yang, and Shankuan Zhu
Am J Clin Nutr 2014; 100:1422-1436
http://ajcn.nutrition.org/content/100/6/1422.abstract

**Scaling of adult body weight to height across sex and race/ethnic groups: relevance to BMI**
Steven B Heymsfield, Courtney M Peterson, Diana M Thomas, et al.
Meta-analysis of genome-wide association studies for circulating phylloquinone concentrations
Am J Clin Nutr 2014; 100:1462-1469
http://ajcn.nutrition.org/content/100/6/1462.abstract

Fiber intake and all-cause mortality in the Prevención con Dieta Mediterránea (PREDIMED) study
Pilar Buil-Cosiales, Itziar Zazpe, Estefanía Toledo, et al.
Am J Clin Nutr 2014; 100:1498-1507
http://ajcn.nutrition.org/content/100/6/1498.abstract

Can rapeseed oil replace olive oil as part of a Mediterranean-style diet?
Richard Hoffman, Mariette Gerber

Excess body iron and the risk of type 2 diabetes mellitus: a nested case–control in the PREDIMED (PREvention with MEDiterranean Diet) study
Victoria Arija, José C. Fernández-Cao, Josep Basora, et al.

The effects of co-administration of probiotics with herbal medicine on obesity, metabolic endotoxemia and dysbiosis: A randomized double-blind controlled clinical trial
Sin Ji Lee, Shambhunath Bose, Jae-Gu Seo, Won-Seok Chung, Chi-Yeon Lim, Hojun Kim
Clinical Nutrition, December 2014, 33(6), Pages 973-981

Supplementation of a dairy drink enriched with milk phospholipids in patients with atopic dermatitis – A double-blind, placebo-controlled, randomized, cross-over study
Sylvia Keller, Hai-Yen Le, Christiane Rödiger, et al.
Clinical Nutrition, December 2014, 33(6), Pages 1010-1016

Mandatory iodine fortification of bread and salt increases iodine excretion in adults in Denmark – A 11-year follow-up study
Lone B. Rasmussen, Torben Jørgensen, Hans Perrild, et al.
Clinical Nutrition, December 2014, 33(6), Pages 1033-1040

Omega 3:6 ratio intake and incidence of glaucoma: The SUN cohort
Mónica Pérez de Arcelus, Estefanía Toledo, Miguel Á. Martínez-González, et al.
Clinical Nutrition, December 2014, 33(6), Pages 1041-1045

Energy and protein intakes of hospitalised patients with acute respiratory failure receiving non-invasive ventilation
Anneli Reeves, Hayden White, Kellie Sosnowski, Khoa Tran, Mark Jones, Michelle Palmer
Clinical Nutrition, December 2014, 33(6), Pages 1068-1073

Low serum 25-hydroxyvitamin D level: An independent risk factor for tuberculosis?
Ji Hae Kim, Jong-Sun Park, Young-Jae Cho, Ho-Il Yoon, Jung Han Song, Choon-Tack Lee, Jae Ho Lee
Clinical Nutrition, December 2014, 33(6), Pages 1081-1086

Risk of malnutrition (over and under-nutrition): Validation of the JaNuS screening tool
Lorenzo M. Donini, Laura Maria Ricciardi, Barbara Neri, Andrea Lenzi, Giulio Marchesini
Clinical Nutrition, December 2014, 33(6), Pages 1087-1094

Multidisciplinary, multi-modal nutritional care in acute hip fracture inpatients – Results of a pragmatic intervention
Jack J. Bell, Judith D. Bauer, Sandra Capra, Ranjeev Chrys Pulle
Clinical Nutrition, December 2014, 33(6), Pages 1101-1107
The acute effect of commercially available pulse powders on postprandial glycaemic response in healthy young men
G. Harvey Anderson, Yudan Liu, Christopher E. Smith, et al.

Higher breakfast glycaemic load is associated with increased metabolic syndrome risk, including lower HDL-cholesterol concentrations and increased TAG concentrations, in adolescent girls
Analise Nicholl, Mary du Heaume, Trevor A. Mori, et al.

Iodine excretion has decreased in Denmark between 2004 and 2010 – the importance of iodine content in milk
Lone B. Rasmussen, Allan Carlé, Torben Jørgensen, et al.

A dietary pattern rich in lignans, quercetin and resveratrol decreases the risk of oesophageal cancer
Yulan Lin, Agneta Yngve, Jesper Lagergren, Yunxia Lu

Dietary glycaemic index and glycaemic load in relation to all-cause and cause-specific mortality in a Japanese community: the Takayama study
Chisato Nagata, Keiko Wada, Michiko Tsuji, Toshiaki Kawachi, Kozue Nakamura

Patterns and predictors of nut consumption: results from the 2008/09 New Zealand Adult Nutrition Survey
Rachel C. Brown, Siew Ling Tey, Andrew R. Gray, et al.
British Journal of Nutrition, Volume 112, Issue 12, December 2014, pp 2028 - 2040

Associations between macronutrient intake and serum lipid profile depend on body fat in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study
Silvia Bel-Serrat, Theodora Mouratidou, Inge Huybrechts, et al.
British Journal of Nutrition, Volume 112, Issue 12, December 2014, pp 2049 - 2059

Dietary fibre intake and risk of ischaemic and haemorrhagic stroke in the UK Women’s Cohort Study.
Threapleton DE, Burley VJ, Greenwood DC², Cade JE.

Obesity and Eating Disorders

Research article Open Access Highly accessed
Weight loss required by the severely obese to achieve clinically important differences in health-related quality of life: two-year prospective cohort study
Lindsey M Warkentin, Sumit R Majumdar, Jeffrey A Johnson, et al.
BMC Medicine 2014, 12:175 (15 October 2014)

Nutrition and Metabolic Support Recommendations for the Bariatric Patient
Kellene A. Isom, Laura Andromalos, Meghan Ariagno, et al.
Nutr Clin Pract December 2014 29: 718-739
Abstract

Adolescent Bariatric Surgery: Review on Nutrition Considerations
Isadora Nogueira and Kathleen Hrovat
Abstract
Caring for the Critically Ill Obese Patient: Challenges and Opportunities
Robert D. Winfield
Abstract

Vitamin D Status Following Bariatric Surgery: Implications and Recommendations
Abigail J. Cole, Lauren M. Beckman, and Carrie P. Earthman
Nutr Clin Pract December 2014 29: 751-758
Abstract

Adult Weight Loss Diets: Metabolic Effects and Outcomes
Laura E. Matarese and Walter J. Pories
Abstract

Challenges and Successes of a Multidisciplinary Pediatric Obesity Treatment Program
Stephanie M. Walsh, Wendy Palmer, Jean A. Welsh, and Miriam B. Vos
Abstract

Hypocaloric, High-Protein Nutrition Therapy for Critically Ill Patients With Obesity
Roland N. Dickerson
Nutr Clin Pract December 2014 29: 786-791
Abstract

Accuracy of Resting Energy Expenditure Calculations in Unselected Overweight and Obese Patients
Schusdziarra V. · Wolfschläger K. · Hausmann M. · Wagenpfeil S. · Erdmann J.
Ann Nutr Metab 2014;65:299-309
Accuracy of Resting Energy Expenditure Calculations in Unselected Overweight and Obese Patients
Schusdziarra V. · Wolfschläger K. · Hausmann M. · Wagenpfeil S. · Erdmann J.
Ann Nutr Metab 2014;65:299-309

Longitudinal relationship of diet and oxidative stress with depressive symptoms in patients with metabolic syndrome after following a weight loss treatment: The RESMENA project
Aurora Perez-Cornago, Patricia Lopez-Legarrea, Rocío de la Iglesia, et al.
Clinical Nutrition, December 2014, 33(6), Pages 1061-1067

Three-year follow-up of 3-year-old to 5-year-old children after participation in a multidisciplinary or a usual-care obesity treatment program
Clinical Nutrition, December 2014, 33(6), Pages 1095-1100

Weight gain and increased central obesity in the early phase of Parkinson's disease
Magdalena Vikdahl, Maine Carlsson, Jan Linder, Lars Forsgren, Lena Häglin
Clinical Nutrition, December 2014, 33(6), Pages 1132-1139

Paediatrics

Benefits of probiotics on enteral nutrition in preterm neonates: a systematic review
Gayatri Athalye-Jape, Girish Deshpande, Shripada Rao, and Sanjay Patole
Am J Clin Nutr 2014; 100:1508-1519
http://ajcn.nutrition.org/content/100/6/1508.abstract

Interactions between genetic variants and dietary lipid composition: effects on circulating LDL cholesterol in children
Ari V Ahola-Olli, Niina Pitkänen, Johannes Kettunen, et al.
Am J Clin Nutr 2014; 100:1569-1577
http://ajcn.nutrition.org/content/100/6/1569.abstract
Proactive Enteral Nutrition in Moderately Preterm Small for Gestational Age Infants: A Randomized Clinical Trial
Enrico Zecca, Simonetta Costa, Giovanni Barone, Lucia Giordano, Chiara Zecca, Luca Maggio

Effect of a Nutritional Supplement on Growth in Short and Lean Prepubertal Children: A Prospective, Randomized, Double-Blind, Placebo-Controlled Study
Yael Lebenthal, Michal Yackobovitch-Gavan, Liora Lazar, et al.

Dietary interventions in school settings: can they change children's diets and metabolic outcomes? [Invited Commentary]
Lisa G. Smithers

Provision of healthy school meals does not affect the metabolic syndrome score in 8–11-year-old children, but reduces cardiometabolic risk markers despite increasing waist circumference

Evaluation of the Relative Concentration of Serum Fatty Acids C14:0, C15:0 and C17:0 as Markers of Children's Dairy Fat Intake
Golley R.K. · Hendrie G.A.
Ann Nutr Metab 2014;65:310-316

Adaptive regulation of amino acid metabolism on early parenteral lipid and high-dose amino acid administration in VLBW infants – A randomized, controlled trial
Hester Vlaardingerbroek, Jorine A. Roelants, Denise Rook, et al.
Clinical Nutrition, December 2014, 33(6), Pages 982-990

Dilute Versus Full-Strength Formula in Exclusively Formula-Fed Preterm or Low-Birth-Weight Infants: A summary of findings from the Cochrane Library with implications for critical care nursing
Jessica R. Hale
Crit Care Nurse December 2014 34:70-72
http://ccn.aacnjournals.org/content/34/6/70

Parenteral and Enteral Nutrition

A single-blinded randomised clinical trial of permissive underfeeding in patients requiring parenteral nutrition
Anwar Elias Owais, Syed Irfan Kabir, Clare Mcnaught, Marcel Gatt, John MacFie
Clinical Nutrition, December 2014, 33(6), Pages 997-1001

Higher Docosahexaenoic acid, lower Arachidonic acid and reduced lipid tolerance with high doses of a lipid emulsion containing 15% fish oil: A randomized clinical trial
Rita D’Ascenzo, Sara Savini, Chiara Biagetti, et al.
Clinical Nutrition, December 2014, 33(6), Pages 1002-1009

Parenteral nutrition admixtures for pediatric patients compounded with highly refined fish oil-based emulsion: Assessment of physicochemical stability
M.L. Forchielli, A. Bonoli, I. Preite, et al.
Clinical Nutrition, December 2014, 33(6), Pages 1127-1131

Parenteral and Enteral Nutrition

Pregnancy and Lactation

Research article [Open Access]
The association between dietary factors and gestational hypertension and pre-eclampsia: a systematic review and meta-analysis of observational studies
Maternal overweight and obesity in early pregnancy and risk of infant mortality: a population based cohort study in Sweden
Stefan Johansson, Eduardo Villamor, Maria Altman, et al.
*BMJ* 2014;349:g6572
http://www.bmj.com/content/349/bmj.g6572?etoc=

Preconception serum 1,1,1-trichloro-2,2,bis(p-chlorophenyl)ethane and B-vitamin status: independent and joint effects on women's reproductive outcomes
*Am J Clin Nutr* 2014; 100:1470-1478
http://ajcn.nutrition.org/content/100/6/1470.abstract

The Study of Breast Milk IGF-1, Leptin, Ghrelin and Adiponectin Levels as Possible Reasons of High Weight Gain in Breast-Fed Infants
Kon I.Y. · Shilina N.M. · Gmoshinskaya M.V. · Ivanushkina T.A.
*Ann Nutr Metab* 2014;65:317-323

An exploratory study of the associations between maternal iron status in pregnancy and childhood wheeze and atopy
Bright I. Nwaru, Helen Hayes, Lorraine Gambling, et al.

Renal

Caffeine intake and the risk of kidney stones
Pietro Manuel Ferraro, Eric N Taylor, Giovanni Gambaro, and Gary C Curhan
*Am J Clin Nutr* 2014; 100:1596-1603
http://ajcn.nutrition.org/content/100/6/1596.abstract

Rheumatic Diseases

Stroke/dysphagia

Management of Dysphagia in Esophageal Adenocarcinoma Patients Undergoing Neoadjuvant Chemotherapy: Can Invasive Tube Feeding be Avoided?

A comparison of survival, pneumonia, and hospitalization in patients with advanced dementia and Dysphagia receiving either oral or enteral nutrition.
Cintra MT, de Rezende NA, de Moraes EN, Cunha LC, da Gama Torres HO.

News items

Eating a yoghurt a day is linked to lower risk of type 2 diabetes
Jacqui Wise
*BMJ* 2014;349:g7081
http://www.bmj.com/content/349/bmj.g7081?etoc=

NICE News and Features:
Drug recommended to help cut drink dependence
NICE has approved the use of nalmefene to help people who are dependent on alcohol to cut down on the amount they drink.

In England in 2012/13, there were around 1.2 million hospital admissions due to an alcohol-related condition or injury. Estimates suggest alcohol-related harm costs the NHS in England £3.5bn a year. Nalmefene, also called Selincro, is taken as a tablet once a day on an as-needed basis and reduces the urge to drink. The drug is licensed for use alongside psychosocial support to help people reduce their alcohol consumption and give them the encouragement they need to continue with their treatment.


**Improve access to supplements to help prevent vitamin D deficiency**

Wider availability of low-cost supplements could help prevent health problems in millions of people at risk of vitamin D deficiency, NICE says.

Latest public health guidance recommends increasing access to vitamin D supplements, and raising awareness of the health problems associated with it, to address those who may be at risk.


**Evidence updates**


**Department of Health publications**

**Guidance: Ebola: advice for allied health and social care professionals in community settings**  
20 November, 2014

Guidance and advice for allied health and social care professionals who encounter patients with Ebola virus disease (EVD).

**Guidance: Ebola: advice for allied health professionals in secondary care**  
20 November, 2014

Guidance and advice for allied health professionals in secondary healthcare settings who encounter patients with Ebola virus disease (EVD).

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