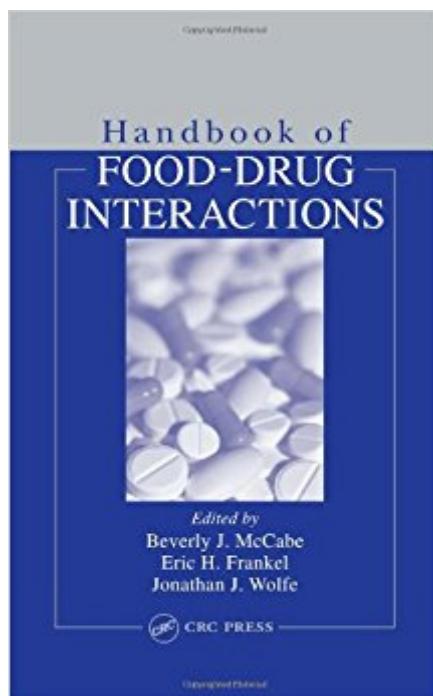


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# Handbook Of Food-Drug Interactions (Nutrition Assessment)



## **Synopsis**

With contributions from the fields of pharmacy, dietetics, and medicine, *Handbook of Food-Drug Interactions* serves as an interdisciplinary guide to the prevention and correction of negative food-drug interactions. Rather than simply list potential food-drug interactions, this book provides explanations and gives specific recommendations based on the frequency and severity of reactions. Each chapter brings together the unique talents and knowledge of practitioners in different disciplines who provide a clear, thorough treatment of this important subject.

## **Book Information**

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## **Customer Reviews**

"The book includes excellent guidelines on monitoring nutritional status of patients on medication schedules and reviews how aging affect drug-nutrient metabolism. The appendices are impressive, covering some of our most common questions . I consider this to be one of the most extensive pharmacologic and scientific reference manuals on food-drug interactions in press today, with 17 chapters that cover a multifaceted array of topics that portray not only the mechanisms involved, but how to put this knowledge into practical and clinical use. [The book] gives health care providers a clear understanding of why dietitians make their recommendations, and helps dietitians understand what recommendations to make." - Nutrition in Clinical Practice, Aug. 2004

Great and speedy service. Thank you

The philosophy of interdisciplinary cooperation is clearly emphasized in this book as exemplified by the participation of various disciplines in the health care field. The evidence of cross-training is highlighted by the subject matter and the authors' backgrounds. Contributors include dietitians, pharmacists, a diabetic educator and a medical doctor. Many authors have their doctorates in their area of specialization. The editors were also multi-disciplinary as were the reviewers. The book starts the reader out with some basic concepts of pharmacy, moves on through drug biopharmaceutics, food-drug interactions and metabolism. There are some good guidelines covered on the monitoring of the nutritional status in patients on medication schedules, and a review on how aging affects drug metabolism. Gerontology and drug-nutrient considerations go hand in hand in their own unique set of assessment and recommendations. When over 85% of chronic diseases and disabilities that the elderly face could have been prevented by nutrition interventions, this is an especially important chapter for those involved in nursing home care or care of the geriatric client in any setting. This population is also the group most prone to polypharmacy, and, thus, multiple food-drug interaction potentials. Included as well is a chapter on the importance of the role of the gastrointestinal system (G.I.) in the scheme of things. For example, the effects of gastrointestinal disease states (GERD, PUD, nausea/vomiting, diarrhea, constipation, pancreatitis, inflammatory bowel disease) and how it impacts drug/nutrient metabolism/interactions and excretion are explored in a broad sense of the word with the inclusion of multiple charts and sample drug dosage recommendations, mechanisms of action and side-effects provided to assist the readers organization and understanding of topic area. The same chapter on G.I. function reviews appetite enhancers, enzyme replacement therapy, drugs to treat lipid disorders, drugs affecting fluid balance, high sodium medications and diabetes insipidus. At the end of the G.I. chapter are numerous print and internet resources to aide the clinician who wants to study the subject area a little further or find some patient education materials. The remaining chapters cover nutrition support, obesity and appetite enhancers were revisited, alcohol and nutrition was discussed, and the role of non-prescription drugs and nutrient interactions was covered. Even counseling and herbs were included in this editorial review of food-drug interactions. The appendices are truly a work of art covering some of our most common questions such as the contents of different elements in foods (i.e. gliadin, tyramine, histamine, calcium, vitamin K, iron, magnesium, phosphorus, potassium, sodium, zinc, oxalates, caffeine/methylxanthines, alcohol, and purines); the clinical significance of grapefruit juice/drug interactions as applied in a clinical setting, commonly used micronutrient and electrolyte additives in IV feedings; average pH values of bodily fluids to beverages, the most

commonly prescribed generic and brand name medications and drug side-effects are just some of the topic areas. I consider this to be one of the most extensive pharmacological and scientific reference manuals in press today with almost 200 pages of appendices and 17 chapters that cover a multi-faceted array of topics that portray not only the mechanisms involved, but how to put this knowledge into practical and clinical use. It would make a great library edition, but is not practical, nor is it intended to be, the book you carry with you on rounds. On the other hand, this book identifies food interactions (and their mechanism) that the typical pocket-sized hand-book that you carry on rounds totally misses. This gives health care providers, such as physicians, a clear understanding of why dietitians make their recommendations and help dietitians understand what recommendations to make. For the pharmacist, this is a potpourri of issues that face the pharmacist every day in an encapsulated form. For the doctor, it helps him understand more about the medication (and the alternatives) he can prescribe in light of the presenting problem and recommendations received from the rest of the health care team. Not for the lay reader.

The Handbook of Food-Drug Interactions Beverly McCabe, Eric Frankel and Jonathan Wolfe, editors. 2003. CRC Press, Boca Raton, FL ISBN 0-8493-1531-X The philosophy of interdisciplinary cooperation is clearly emphasized in this book as exemplified by the participation of various disciplines in the health care field. The evidence of cross-training is highlighted by the subject matter and the authors' backgrounds. Contributors include dietitians, pharmacists, a diabetic educator and a medical doctor. Many of the authors have their doctorates in their area of specialization. The book starts the reader out with some basic concepts of pharmacy, moves on through drug biopharmaceutics, food- drug interactions and metabolism. There are some excellent guidelines covered on the monitoring of the nutritional status in patients on medication schedules, and a review on how aging affects drug metabolism. Gerontology and drug-nutrient considerations go hand in hand in their own unique set of assessments and recommendations. When over 85% of chronic diseases and disabilities that the elderly face could have been prevented by nutrition interventions, this is an especially important chapter for those involved in nursing home care or care of the geriatric client in any setting. This population is also the group most prone to polypharmacy, and, thus, multiple food-drug interaction potentials. Included as well is a chapter on the importance of the role of the gastrointestinal system (G.I.) in the scheme of things. For example, the effects of gastrointestinal disease states (GERD, PUD, nausea/vomiting, diarrhea, constipation, pancreatitis, inflammatory bowel disease) and how it impacts drug/nutrient metabolism/interactions and excretion are explored in a broad sense of the word with the inclusion of multiple charts and sample drug

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