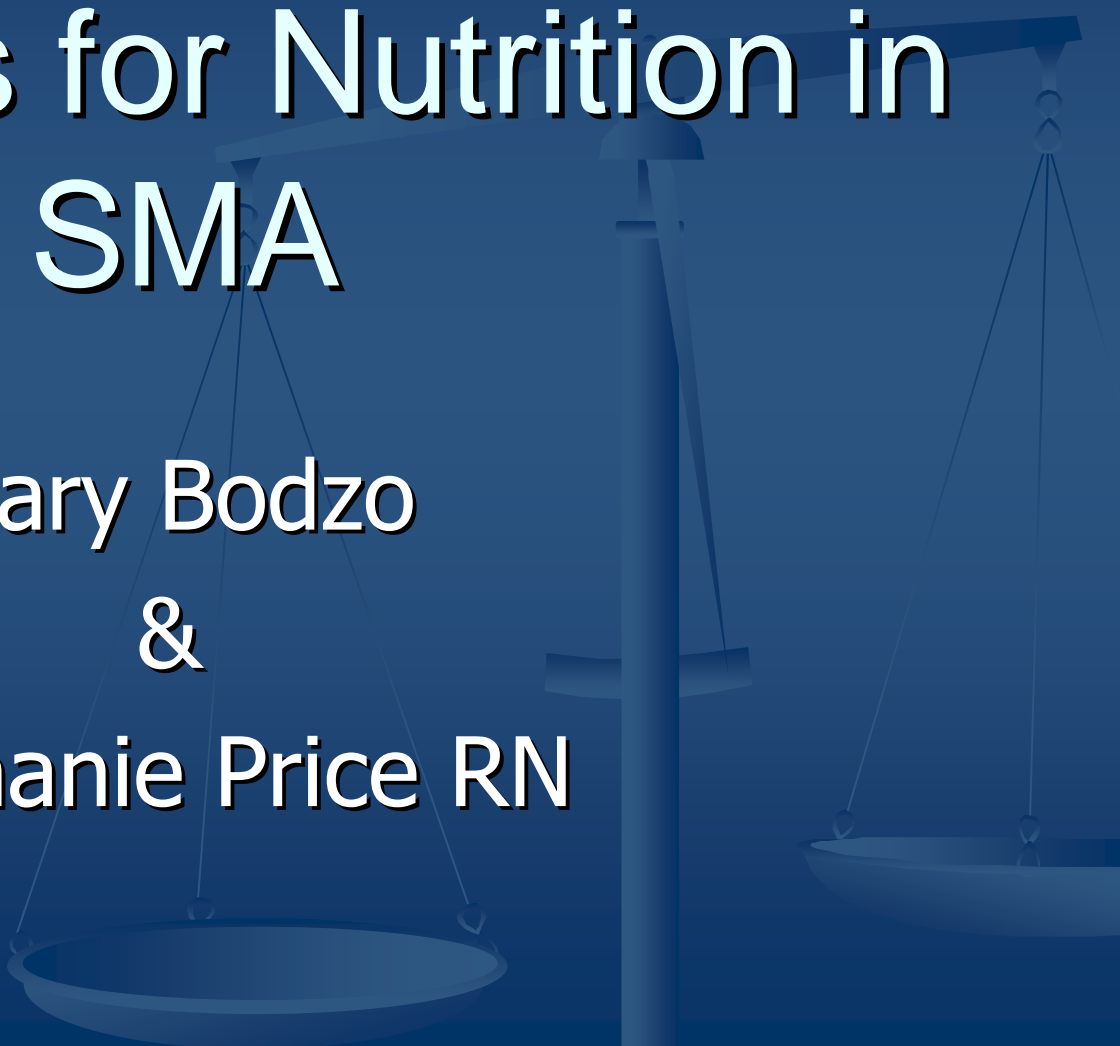


Using Elemental Formulas for Nutrition in SMA

A faint, light blue background image of a balance scale is visible on the right side of the slide. The scale is positioned vertically, with its central pillar and horizontal beam extending across the right half of the frame. Two pans are suspended from the beam, one on each side. The overall image is semi-transparent and serves as a decorative element.

Mary Bodzo
&

Stephanie Price RN

DISCLAIMER

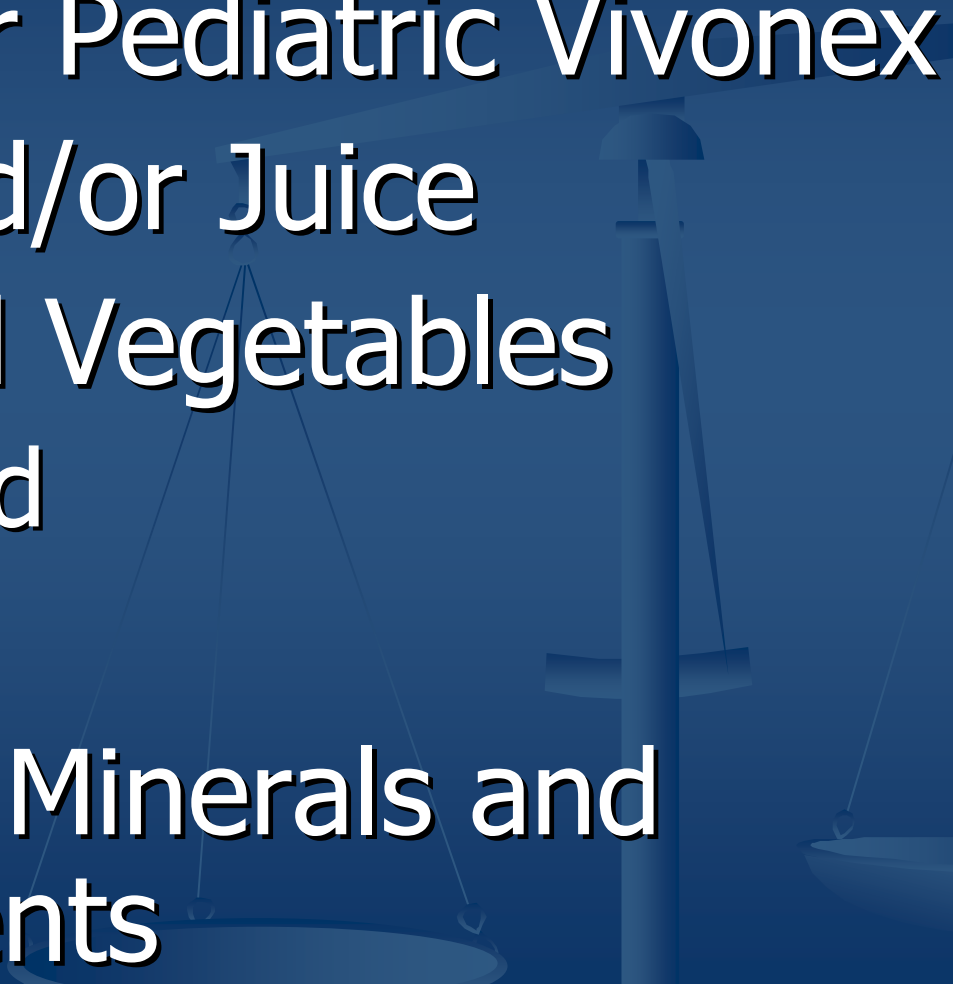
- This Diet has no Peer Reviewed Double Blind Studies
- This presentation is based on our experiences
- “You must look at the facts for the facts are looking at you.”

Winston Churchill

Diet Principles

- Provide free form amino acids (protein)
- Follow the Basics of the SMA Diet
- Little changes make a HUGE difference
- Educate yourself
 - You See What You Know ...If You Don't Know It, You Can Not See It

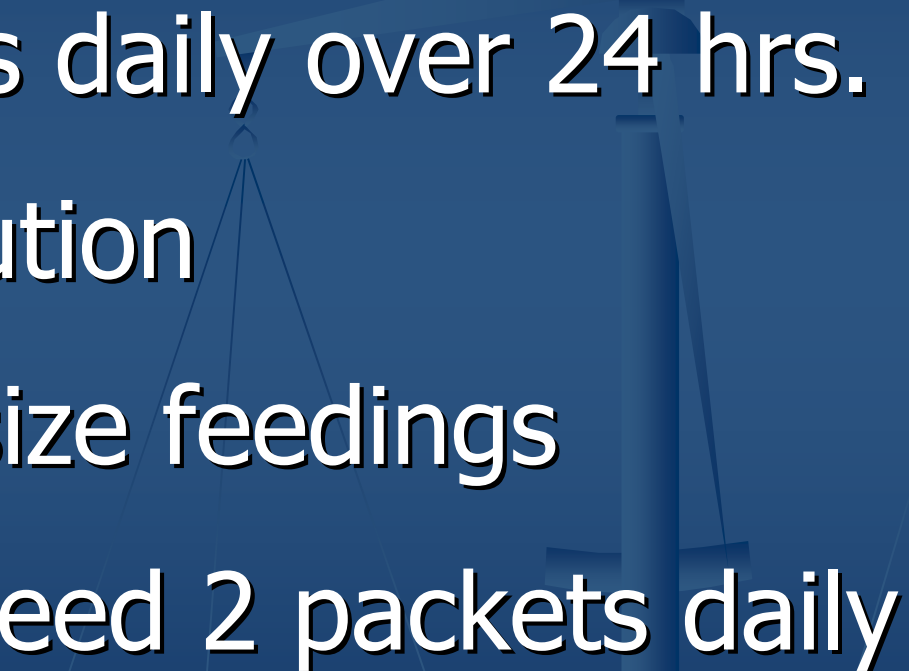
Basic Diet

- Tolorex or Pediatric Vivonex
 - Water and/or Juice
 - Fruits and Vegetables
 - baby food
 - Oil
 - Vitamins, Minerals and Supplements
- 

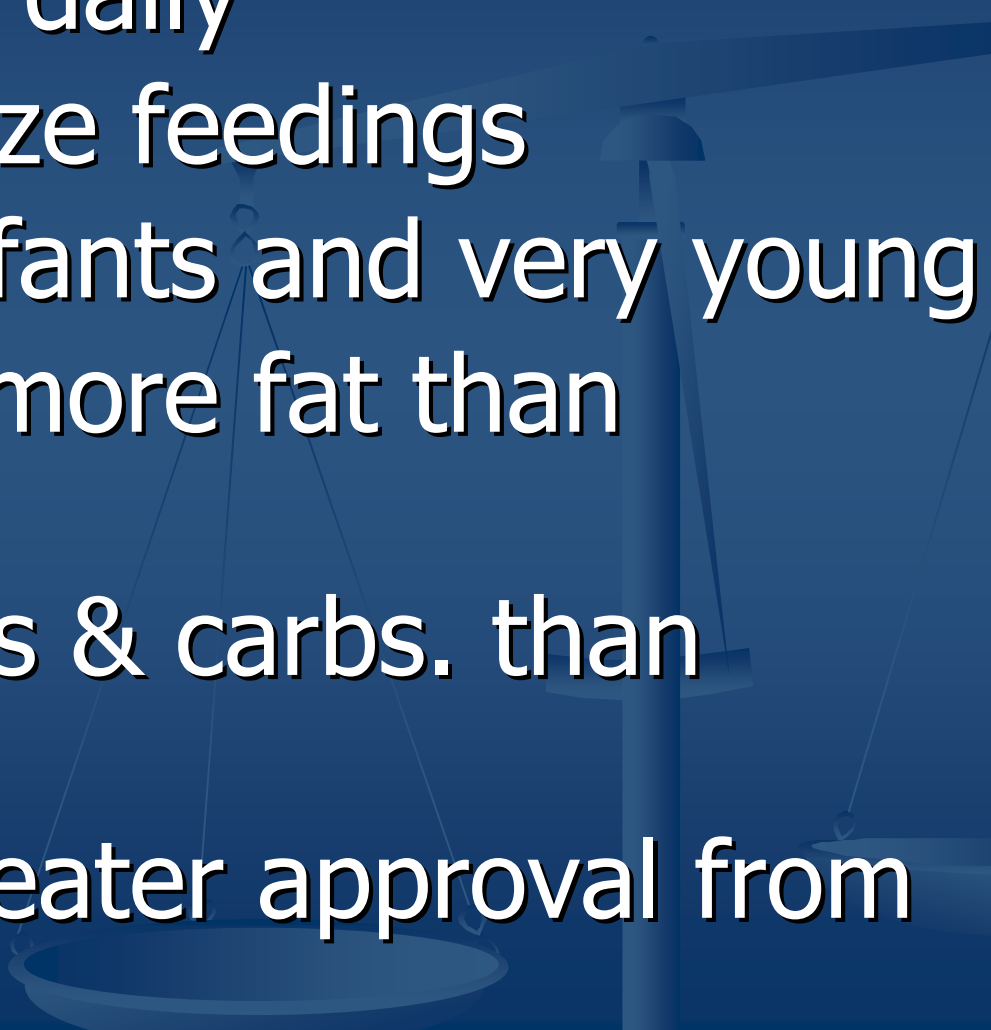
Tolerex or Pediatric Vivonex

- Most important aspect of diet
- Provide free form Amino Acids
- Elemental formulas
- Mfg. by Novartis Nutrition
 - 800-333-3785
- Walgreens Pharmacy can order
- Expensive, often paid for by Insurance or Medicaid

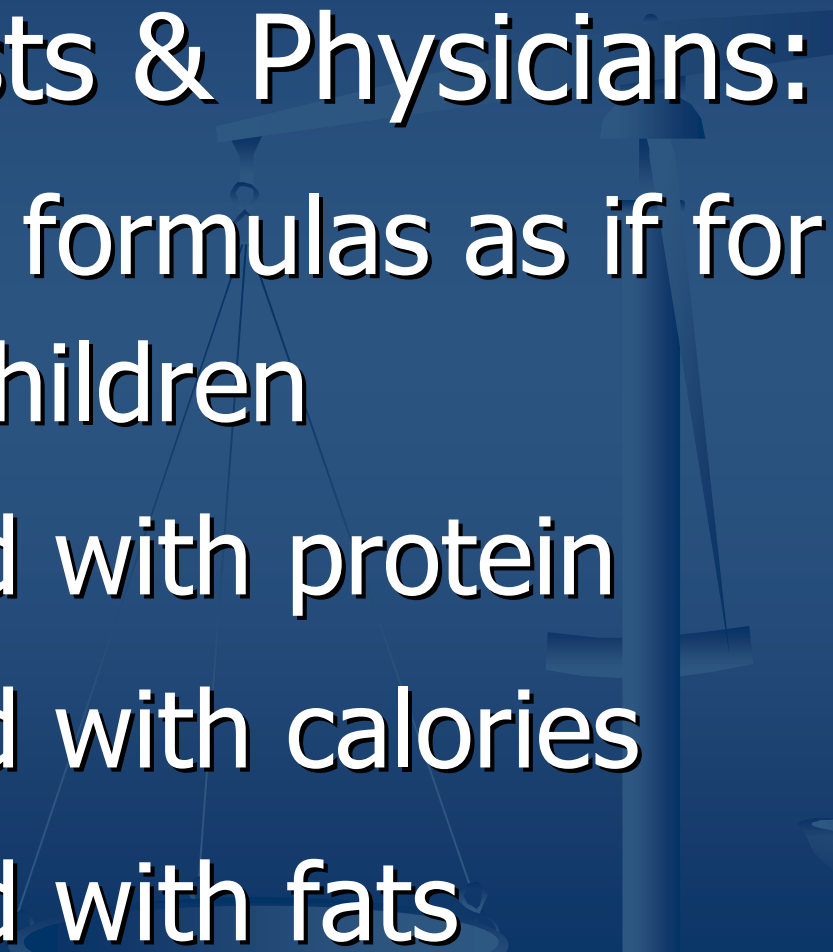
Tolerex

- 1-2 packets daily over 24 hrs.
 - Double Dilution
 - 4-6 equal size feedings
 - Do Not exceed 2 packets daily
- 

Pediatric Vivonex

- 1-2 packets daily
 - 4-6 equal size feedings
 - Usually - Infants and very young
 - Has a little more fat than Tolerex
 - Less calories & carbs. than Tolerex
 - Met with greater approval from Dieticians
- 

Common Errors

- Nutritionists & Physicians:
 - Prescribe formulas as if for healthy children
 - Over-load with protein
 - Over-load with calories
 - Over-load with fats
- 

Warning Signs

- Signs of Protein Overload
 - Nausea
 - Increased Heart Rate
 - Decreased Oxygen Saturation
 - Less Urine Output
 - Bloating
 - Undigested food in stomach

Warning Signs

■ Sensitivities

- Flushing
- Sweating
- Secretions
- Increased Heart Rate
- GI distress
- Increased Respirations

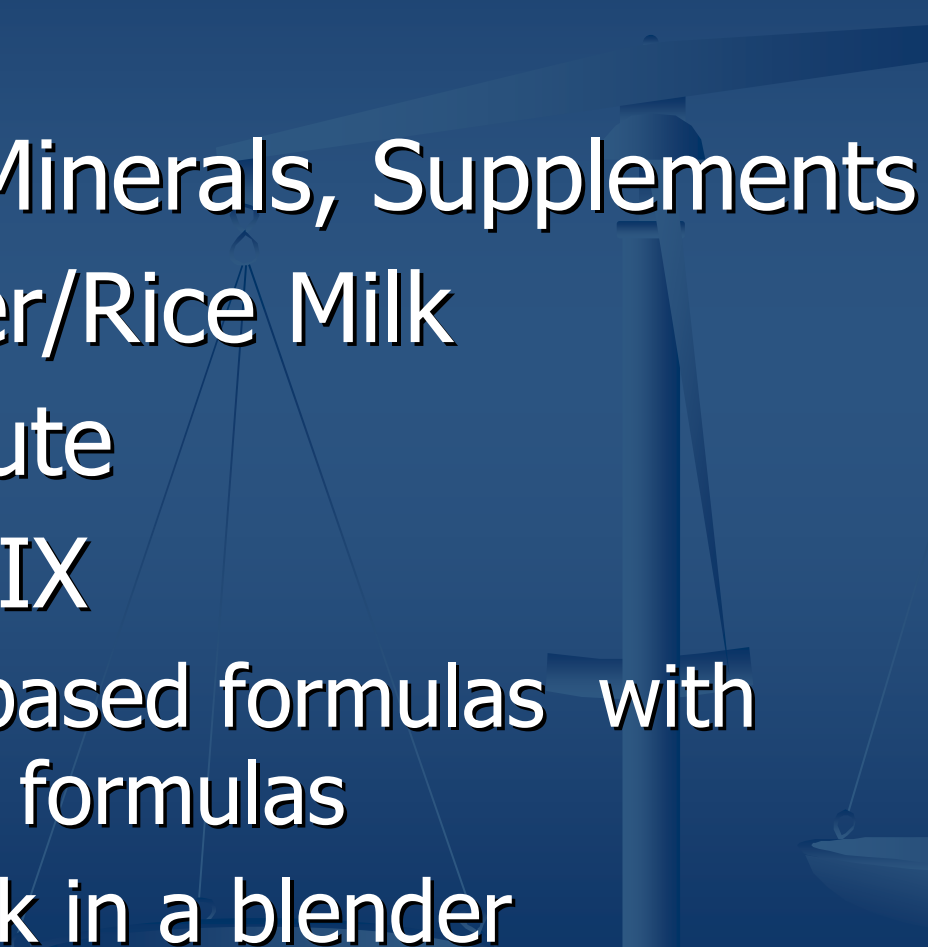
Water or Juice

- At least 20 oz daily
- Enough to properly hydrate
- Enough to keep secretions
thin

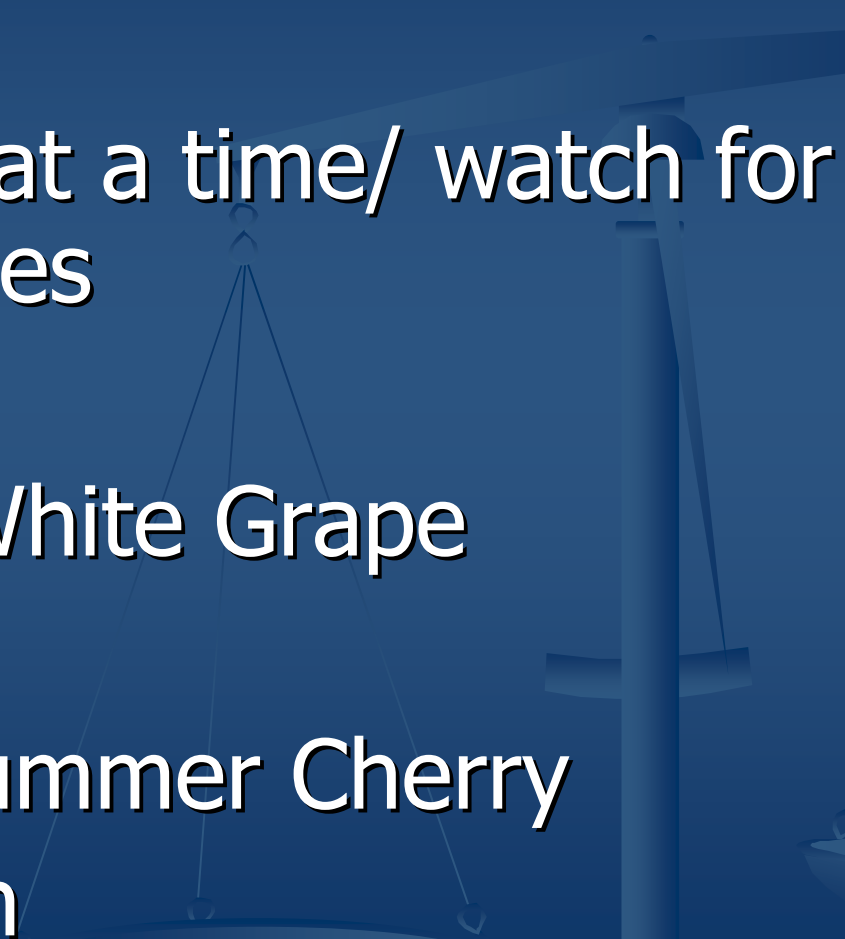
Baby Foods

- Green Beans
 - Sweet Potatoes
 - Bananas
 - Most all fruits
 - Check labels
 - Ingredients
 - Calorie contents
 - Protein contents
- 

How to Mix Formulas

- Blender
 - Vitamins, Minerals, Supplements
 - Juice/Water/Rice Milk
 - Double Dilute
 - DO NOT MIX
 - Milk/Soy based formulas with elemental formulas
 - Breast Milk in a blender
- 

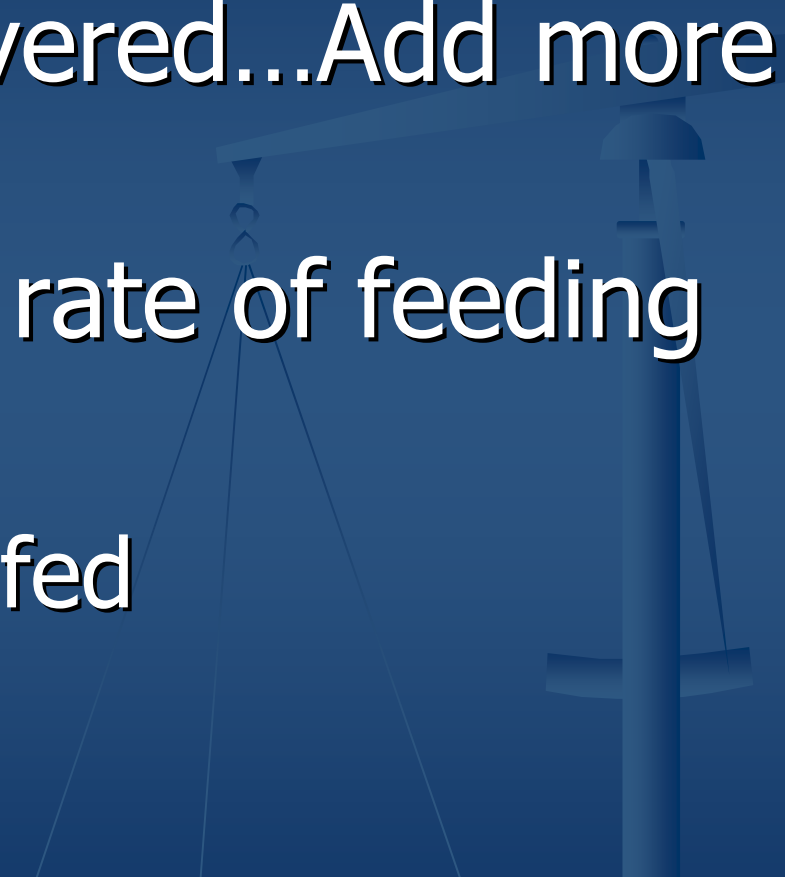
Mixing Continued

- Baby foods
 - Add one at a time/ watch for sensitivities
 - Juices
 - Welch's White Grape
 - Pear
 - Indian Summer Cherry
 - Corn Starch
- 

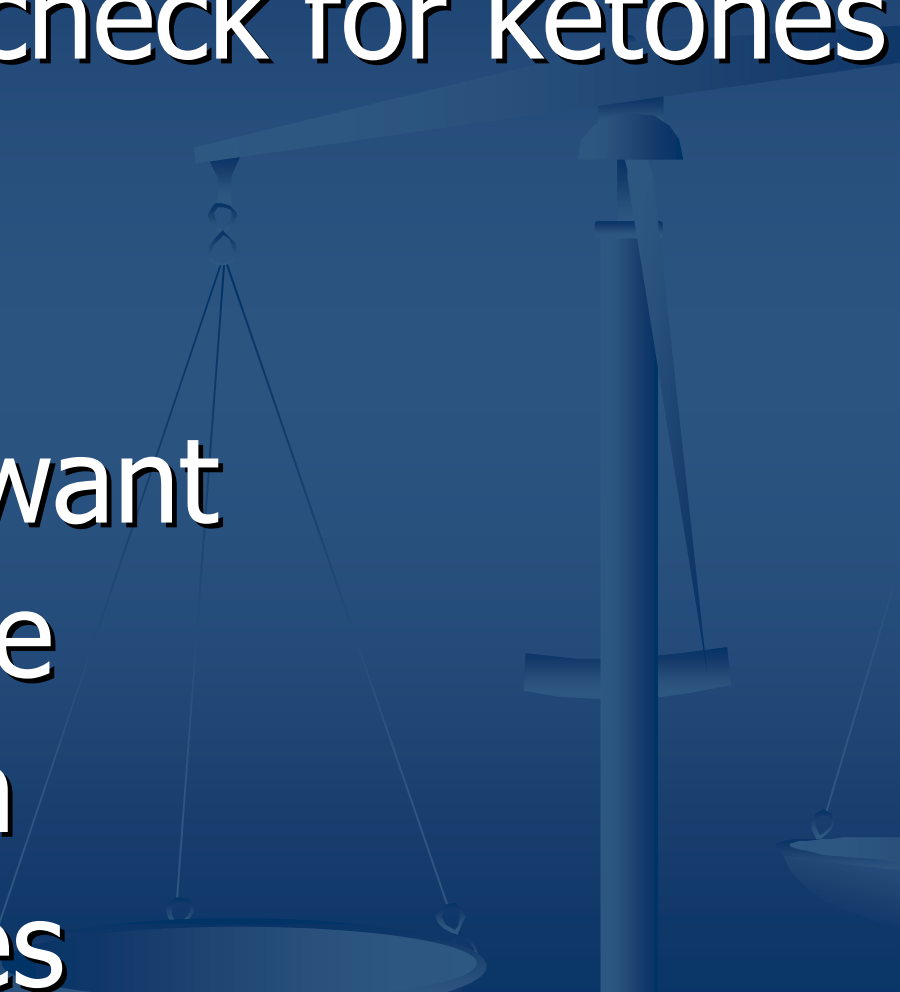
Water Water Water

- More is better
- Enough to keep secretions thin
- RDAs are meant to meet $\frac{1}{2}$ nutritional needs of a HEALTHY person
- RDA Minimum
 - 1-3 yrs 108 cc/kg
 - 4-8 yrs 85 cc/kg
- Water Intoxication

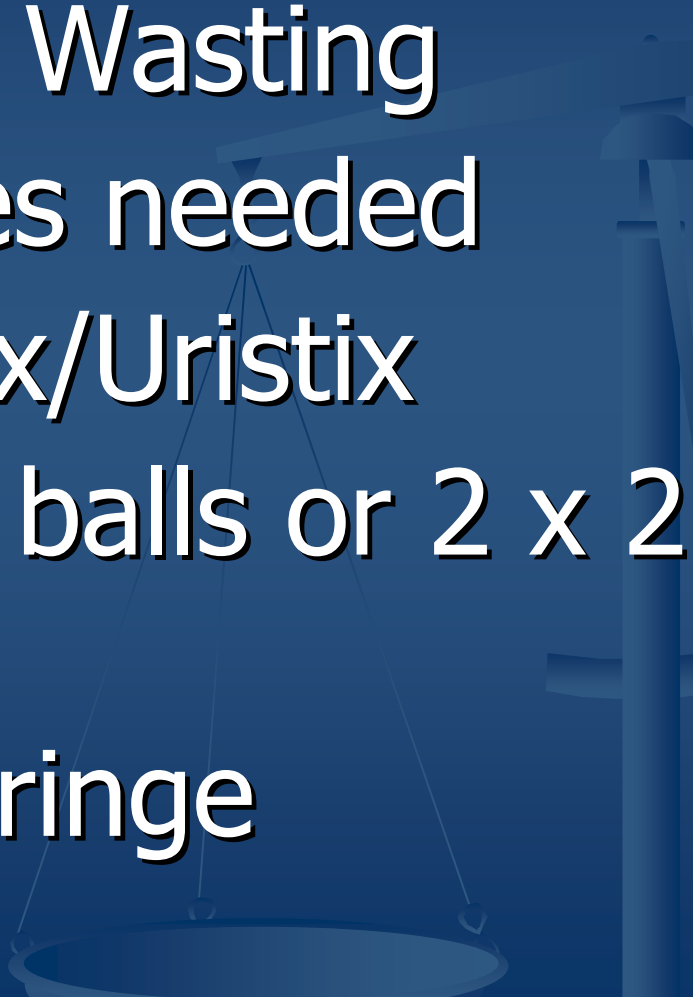
Illness

- When fevered...Add more WATER
 - Slow the rate of feeding
 - Venting:
 - G-Tube fed
 - BiPap
 - Ketones
- 

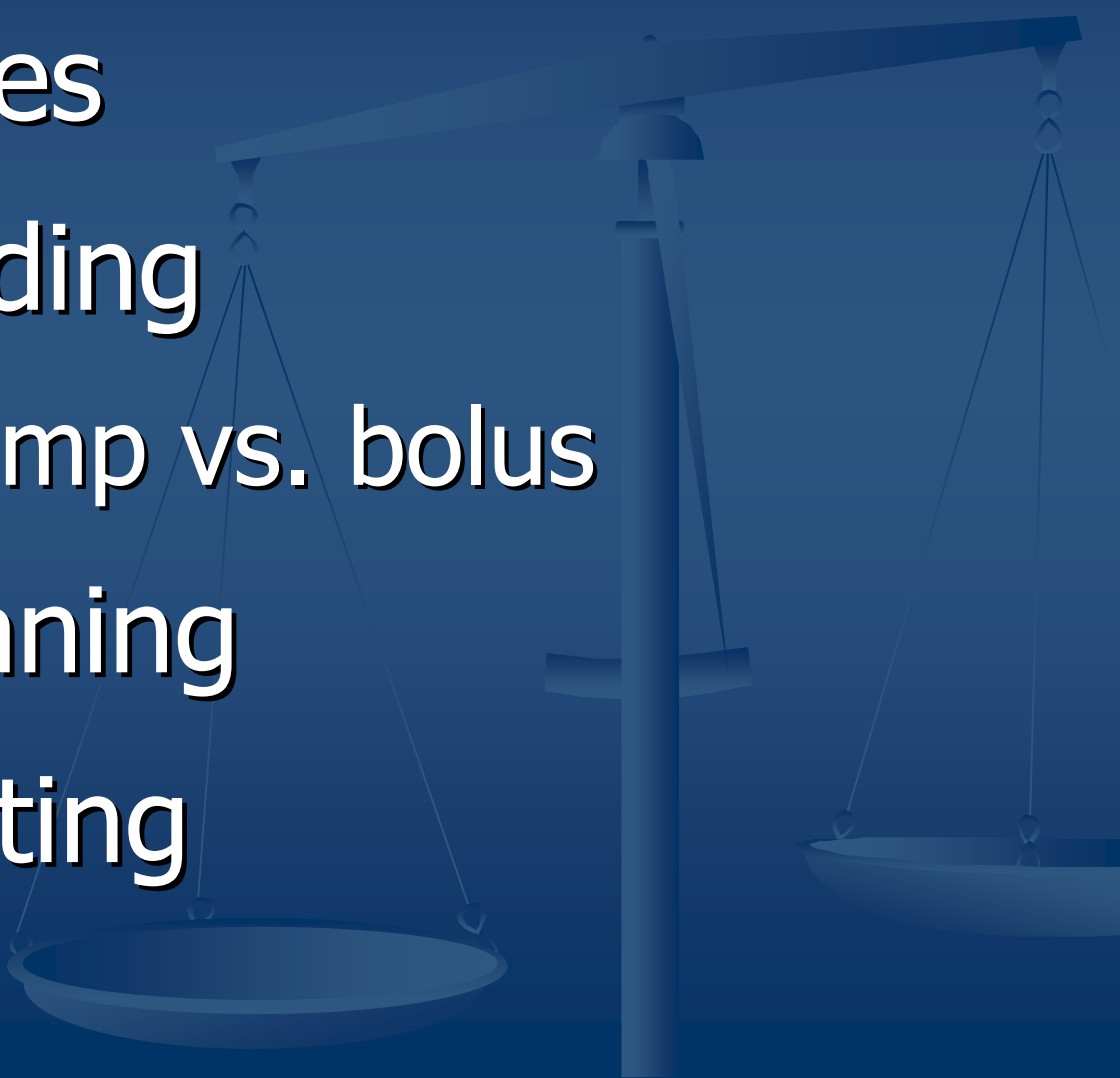
Ketones & Blood Sugar

- How to check for ketones
 - Uristix
 - Ketostix
 - Do Not want
 - Glucose
 - Protein
 - Ketones
- 


Ketones

- Muscle Wasting
 - Supplies needed
 - Ketostix/Uristix
 - Cotton balls or 2 x 2 gauze
 - 3 cc syringe
 - Watch
- 
- A faint, light blue background image of a balance scale is visible on the right side of the slide. The scale has a vertical post, a horizontal beam, and two pans hanging from the beam. The image is semi-transparent and serves as a decorative element.

G-Tubes

- Types
 - Feeding
 - Pump vs. bolus
 - Cleaning
 - Venting
- 
- A faint, stylized illustration of a balance scale is visible in the background of the slide. The scale is positioned on the right side, with its vertical post and horizontal beam extending across the middle. Two pans are suspended from the beam by thin lines. The entire image is rendered in a light blue color that blends into the dark blue background.

Yeast Infections

- Signs and Symptoms
 - Smelly ears/toes/fingers/groin
 - Yogurt
 - Acidophilus
- 
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