

November
7-8
2022



THE EUROPEAN
SOCIETY
FOR CLINICAL
NUTRITION
AND
METABOLISM

9th *virtual
format*

ESPEN
SYMPOSIUM

**The Science
of Micronutrients
in nutritional care**

www.espen.org

CHAIRS

Mette Berger (Switzerland)
Cristina Cuerda (Spain)
Nathalie Delzenne (Belgium)
Mireille Serlie (Netherlands)
Alan Shenkin (United Kingdom)



INTRODUCTION TO MICRONUTRIENTS

7th November
(2-6 pm CET)

● Summary of the MN guideline

● Methodology

- Analytical issues, pitfalls
- Impact of inflammation
- Bioavailability

Break

● Immunity and oxidative stress

- MN, oxidative stress & inflammation
- Innate immunity and MN
- Vaccination in children (Fe)
- MN in infectious diseases

Break

● Epidemiology of deficits & needs

- Selenium trials in the ICU
- EURRECA
- Iodine deficiency in Europe
- Iron for all in clinical nutrition?

● Debate: designing good trials / urgent questions

MICRONUTRIENTS AND DISEASE

8th November
(2-6 pm CET)

● Cancer

- Antioxidants: friends or foes?
- Impact of antitumor therapy on MN status
- Cancer cachexia & MN

● Obesity & Bariatric surgery

- MN status in obese patients
- MN after Bariatric surgery

Break

● Diseases of the GI tract

- MN absorption in Intestinal failure
- MN needs in intestinal failure
- Microbiome

● Micronutrients in critical care

- Vitamins in sepsis
- Vitamin D3
- Refeeding syndrome

Break

● Geriatric requirements

- MN in Sarcopenia & frailty
- MNs and cognitive impairment
- MNs and muscle activity

● MN Shortage issues

● Conclusion