



## Nutrition and Body Composition Assessment in Cirrhosis

Guest Editors:

**Dr. Aldo J. Montano-Loza**

Division of Gastroenterology and Liver Unit, University of Alberta, Edmonton, AB, Canada

**Dr. Guido Stirnimann**

Department of Visceral Surgery and Medicine, Inselspital Bern, Bern University Hospital and University of Bern, 3010 Bern, Switzerland

**Dr. Maryam Ebadi**

Division of Gastroenterology & Liver Unit, University of Alberta, Edmonton, AB T6G 2X8, Canada

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### Message from the Guest Editors

There is much interest currently around application of body composition for prognostication in cirrhosis. Quantification of body composition parameters provides objective estimation of patients' nutritional and metabolic status, which is not considered in the current liver transplant allocation system. Presence of malnutrition and/or body composition abnormalities in patients with cirrhosis is associated with prolonged hospitalization, adverse outcomes, and incremental health care costs. Therefore, proper identification of these abnormalities is necessary to enable us to design interventions aiming at treating malnutrition and modifying body composition abnormalities and to preclude adverse outcomes in these patients.

Recently, a wealth of research on impaired nutritional status and abnormal body composition features in cirrhosis has emerged. This information has advanced our knowledge; however, the field is currently hampered by heterogeneous assessments and definitions of these abnormalities. This demonstrates the necessity to develop standardized assessment tools and definition that can be implemented in cirrhosis.





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### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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