

ABSTRACT

Patients with acquired brain damage, who are attending rehabilitation day-care center on the Department of Rehabilitation Medicine of the General Hospital and the First Medical Faculty of Charles University in Prague, are often limited by fatigue and lack of energy. Patients are attending day hospital mainly with brain damage acquired after stroke and less often also after brain trauma. Secondary prevention of atherosclerosis development or progression and prevention of stroke relapse is very important with these patients. Nutritional intervention plays significant role in prevention and treatment of many risk factors of an atherosclerotic artery damage. Common consequence of brain damage is development of secondary sarcopenia. Patient in day hospital must bring their own food. Individualized program as a result from examination by the multidisciplinary team doesn't include nutritional assessment. Study with patients with acquired brain damage was carried out on Department of Rehabilitation. Study used bioelectrical impedance analysis provided by InBody 370 S. Body composition of patients was measured. This data and anthropometric measurements were evaluated for presence of metabolic and cardiovascular disease risk factors. Muscle mass percentage was evaluated as well. Study found out that most patients show anthropometric parameters highlighting elevated health risk. Some patients also demonstrated deficient lean body mass in particular body segments. Study also included questionnaire survey to collect information about patient's diet. Nutritional intervention is still important precaution for risk factor treatment and prevention as well as prevention of stroke relapse especially considering patient's frequent locomotor problems.

keywords: stroke, acquired brain damage, ZPM, rehabilitation, bio impedance, atherosclerosis risk factors, atherosclerosis, BIA, bioelectrical impedance analysis, brain lesion, secondary prevention, sarcopenia, secondary sarcopenia, stroke induced sarcopenia, body composition