

## Your wellbeing during hospitalization was of utmost importance to us, but so is your recovery post discharge.

Research has shown that very often, especially in our older population, eating ENOUGH at home is not always possible, leading to postoperative malnutrition. Contributing factors can be:

- Poor appetite
- Pain
- Nausea
- Constipation due to pain medication or not eating enough fibre
- General weakness
- No one to prepare the food
- Difficulty to purchase food – transport, mobility, etc.

Losing weight at this critical phase of your recovery is very possible, BUT most unwanted and it can contribute towards:

- Readmission to hospital
- Delayed wound healing
- Infections, etc.

In order to avoid the above and encourage recovery, we advise that you take a high protein nutritional supplement or a supplement containing HMB for a number of weeks after discharge from hospital. Your dietitian will be able to advise on the most appropriate product for you as well as for how long you may require nutritional support. Oral intake (eating normal food) should however always be first priority, but to encourage healing, we do know from many studies that the body requires more than what you may be able to consume.

To find a dietitian near you, contact ADSA (Association for Dietetics in South Africa)

<http://www.adsa.org.za/Public/FindARegisteredDietitian.aspx>



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