

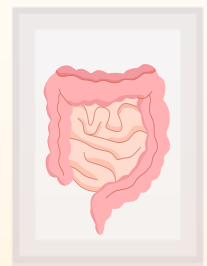


Did you know?

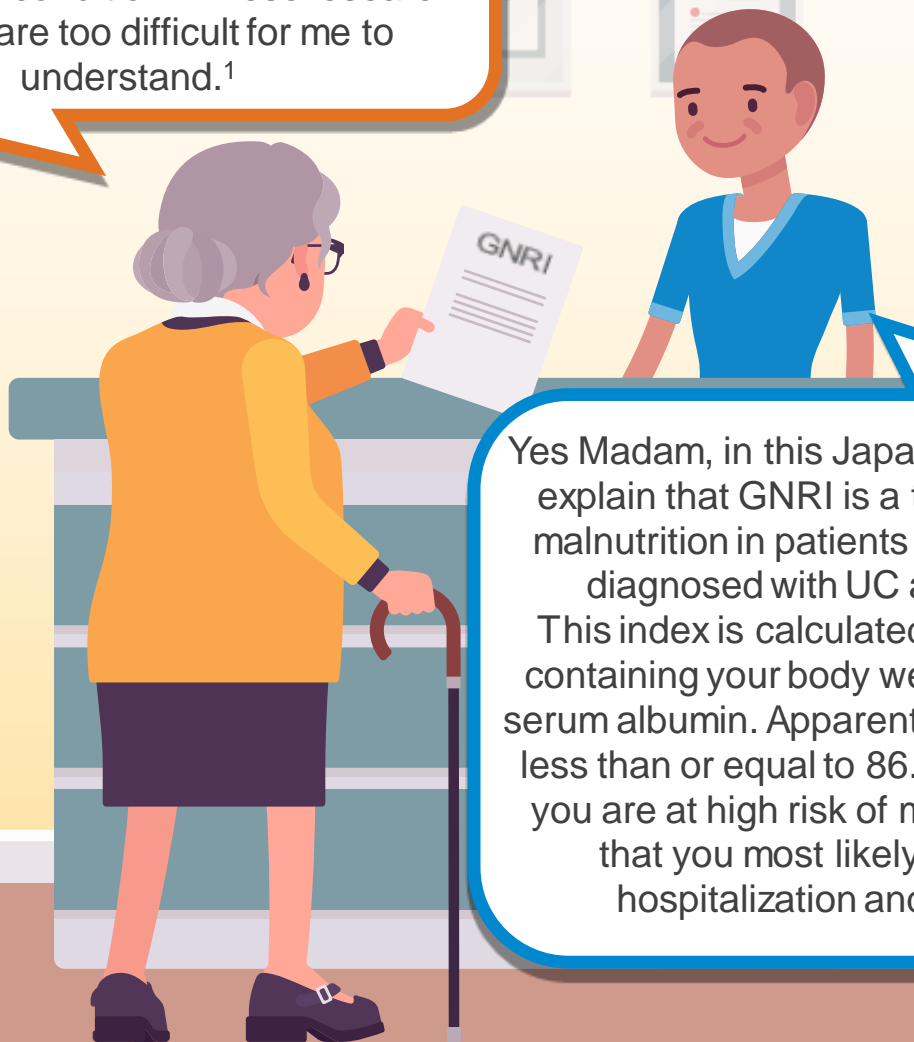


... Malnutrition may represent a high risk of hospitalization and surgery in patients with a diagnosis of UC after age 65?¹

IBD Centre



Gentleman, could you please help me figure out what the Geriatric Nutritional Risk Index (GNRI) is and how this could be useful in my condition? These research articles are too difficult for me to understand.¹



Yes Madam, in this Japanese survey they explain that GNRI is a tool to evaluate malnutrition in patients who have been diagnosed with UC after age 65. This index is calculated with a formula containing your body weight, height and serum albumin. Apparently, if your index is less than or equal to 86.62 it means that you are at high risk of malnutrition, and that you most likely will require hospitalization and surgery.¹

GNRI: Geriatric nutritional risk index; IBD: Inflammatory bowel disease; UC: Ulcerative colitis

1. Higashiyama M et al. J Gastroenterol Hepatol 2021; 36(1): 163-170.