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HYPOPROTEIC DIET DELAYS START OF DIALYSIS AND ALLOWS ONCE WEEKLY HEMODIALYSIS. AMINOACIDS AND PROBIOTICS COULD PERMIT FURTHER IMPROVEMENT

Piergiorgio Bolasco
Territorial Nephrology Department-Cagliari, Italy

It is well known that hypoproteic diet preserves and slows down the residual kidney function (RRF) and so indirectly on general and, in particular, cardiovascular mortality. Unlike the oligoanuric patient undergoing thrice weekly hemodialysis if it used as a combined program diet with a once-weekly or twice-weekly hemodialysis (CDDP), it will obtain a better survival and a good metabolic quality of life with a better metabolic control of uremia. In fact, the power of RRF is frequently underestimated. Indeed, the native kidney preserves the ability to eliminate not only toxic molecules but also achieve a significant output of phosphate despite a severe decrease in residual kidney function (RKF). Recently, further improvement could be reached using aminoacids and probiotics administration, thanks to a better control of dysbiosis and a diminished absorption of protein bound uremic toxins that no dialysis strategy is unable to eliminate.

Biography

Piergiorgio Bolasco is a former Director of Territorial Nephrology and Dialysis department of ASL of Cagliari. He is a Nephrology Consultant since 1978 and Reviewer of Journals: *Kidney International, Nephron, Nephrology Dialysis and Transplantation, Journal of Nephrology, American Journal of Kidney Disease, Artificial Organs, BMC Nephrology.* He is a Member of Editorial Boarding of the *Giornale Italiano di Nefrologia, Journal of Nephrology, Minerva Urologica e Nefrologica* and he is Editorial Manager of the *International Journal of Artificial Organs*. He is a member of Italian group of nutrition in chronic renal disease and inventor of CDDP. He has 71 publications, currently present in Med-line.

pg.bolasco@tin.it