



Reference list to brochure:

Food, weight and health for people with spinal cord injury - tips, questions & answers

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| Page | Chapter |
|------|---|
| 2 | Introduction <ul style="list-style-type: none"> Vos T, Flaxman AD, Naghavi M, Lozano R, et al. Years lived with disability (YLDs) for 1160 sequelae of 289 diseases and injuries 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. <i>Lancet</i>. 2012 Dec 15;380(9859):2163-96. Bigford G, Nash MS. Nutritional Health Considerations for Persons with Spinal Cord Injury. <i>Topics in spinal cord injury rehabilitation</i>. 2017;23(3):188–206. |
| 3 | A healthier and lighter life <ul style="list-style-type: none"> Spinal Cord Injury Rehabilitation Evidence, SCIRE, Nutrition Issues Following Spinal Cord Injury. Page 23. https://scireproject.com/wp-content/uploads/nutrition-v6_oct_10.pdf |
| 4-5 | Many gain weight <ul style="list-style-type: none"> Clinical Assessment and Management of Obesity in Individuals With Spinal Cord Injury: A Review <i>J Spinal Cord Med</i>. 2008;31:361-372 Gorgey AS, Gater DR Jr. Prevalence of obesity after spinal cord injury. <i>Top Spinal Cord Inj Rehabil</i>. 2007;12(4):1-7 Wahman K, Doktorsavhandling. Cardiovascular disease prevention after spinal cord injury: A new challenge. [Stockholm]: Institutionen för neurobiologi, vårdvetenskap och samhälle Karolinska Institutet 2010. Bauman, Spungen. Metabolic Changes in Persons After Spinal Cord Injury. <i>Physical Medicine & Rehabilitation Clinics of North America</i>. 2000;11(1):109–40. N Gupta, K T White, P R Sandford. Body mass index in spinal cord injury – a retrospective study. <i>Spinal Cord</i>. 2005;44(2):92–924. Stenson, Deutsch, Heinemann, Chen. Obesity and Inpatient Rehabilitation Outcomes for Patients With a Traumatic Spinal Cord Injury. <i>Archives of Physical Medicine and Rehabilitation</i>. 2011;92(3):384–90. Y Chen, S Henson, A B Jackson, J S Richards. Obesity intervention in persons with spinal cord injury. <i>Spinal Cord</i>. 2005;44(2):82–91. Cox, Weiss, Posuniak, Worthington, Prioleau, Heffley. Energy Expenditure after Spinal Cord Injury: An Evaluation of Stable Rehabilitating Patients. <i>The Journal of Trauma: Injury, Infection, and Critical Care</i>. 1985;25(5):419–23. Crane D A, Little J W, Burns S P. Weight gain following spinal cord injury: a pilot study. <i>J Spinal Cord Med</i>. 2011 Mar; 34(2): 227–232. |
| 6 | What is a healthy weight? <ul style="list-style-type: none"> Peiffer SC, Blust P, Leyson JF. Nutritional Assessment of the Spinal Cord Injured Patient. <i>J Am Diet Assoc</i>, 1981; 78: 501-505 |
| 7 | Metabolic rate decreases <ul style="list-style-type: none"> Holmlund T, Ekblom-Bak E, Franzén E, Hultling C, Wahman K. Energy expenditure after spinal cord injury in people with motor-complete tetraplegia or motor-complete paraplegia. <i>Spinal Cord</i>. 2018;56(3):274–83. Holmlund, Ekblom-Bak, Franzén, Hultling, Wikmar, Wahman. Energy expenditure in people with motor-complete paraplegia. <i>Spinal cord</i>. 2017;55(8):774–81. |
| 8 | Body Mass Index (BMI) <ul style="list-style-type: none"> Laughton GE, Buchholz AC, Martin Ginis KA, Goy RE. Lowering body mass index cutoffs better identifies obese persons with spinal cord injury. <i>Spinal Cord</i>. 2009 Oct;47(10):757-62. A C Buchholz, J M Bugaresti. A review of body mass index and waist circumference as markers of obesity and coronary heart disease risk in persons with chronic spinal cord injury. <i>Spinal Cord</i>. Nature Publishing Group; 2005;43(9):513–8. |

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| 9 | <p>How much do I burn?</p> <ul style="list-style-type: none"> • Cox, Weiss, Posuniak, Worthington, Pringleau, Heffley. Energy Expenditure after Spinal Cord Injury: An Evaluation of Stable Rehabilitating Patients. <i>The Journal of Trauma: Injury, Infection, and Critical Care</i>. 1985;25(5):419–23. • Lynn Powell H, Frost FS. Nutrition in Spinal Cord Injury. (pp. 495-512.) <i>Spinal Cord Medicine: principles and practice, 2nd Edition</i>. Lin VW (ed.). Demos Medical Publication. New York; 2010. |
| 11 | <p>Physical activity and metabolic rate</p> <ul style="list-style-type: none"> • Collins EG, Gater D, Kiratli J, Butler J, Hanson K, Langbein E. Energy cost of physical activities in persons with spinal cord injury. <i>Med Sci Sports Exerc</i>. 2010;42(4):691-700 • Warburton DER, Krassioukov A, Sproule S, Eng JJ (2018). Cardiovascular Health and Exercise Following Spinal Cord Injury. In Eng JJ, Teasell RW, Miller WC, Wolfe DL, Townson AF, Hsieh JTC, Connolly SJ, Noonan VK, Loh E, Sproule S, McIntyre A, Querée M, editors. <i>Spinal Cord Injury Rehabilitation Evidence</i>. Version 6.0. Vancouver: p 1- 68. • Martin Ginis, Kathleen A, van Der Scheer, Jan W, Latimer-Cheung, Amy E, Barrow, Andy, Bourne, Chris, Carruthers, Peter, et al. Evidence-based scientific exercise guidelines for adults with spinal cord injury: an update and a new guideline. <i>Spinal cord</i>. 2018;56(4):308–21. • Holmlund T, Ekblom-Bak E, Franzén E, Hultling C, Wahman K. Energy expenditure after spinal cord injury in people with motor-complete tetraplegia or motor-complete paraplegia. <i>Spinal Cord</i>. 2018;56(3):274–83. • Holmlund, Ekblom-Bak, Franzén, Hultling, Wikmar, Wahman. Energy expenditure in people with motor-complete paraplegia. <i>Spinal cord</i>. 2017;55(8):774–81. |
| 12-15 | <p>How can I lose weight?</p> |
| 16-17 | <p>Healthy food choices</p> <ul style="list-style-type: none"> • Nordiska Näringsrekommendationerna (NNR 2012) https://www.livsmedelverket.se/matvanor-halsa--miljo/kostrad-och-matvanor/naringsrekommendationer • Bauman WA, Spungen AM, Morrison N, Zhang R-L, Schwartz E. Effect of a vitamin D analog on leg bone mineral density in patients with chronic spinal cord injury. <i>Journal of rehabilitation research and development</i>. 2005;42(5):625–34. • Petchkrua W, Little JW, Burns SP, Stiens SA, James J. Vitamin B12 Deficiency In Spinal Cord Injury: A Retrospective Study. <i>The Journal of Spinal Cord Medicine</i>. 2003;26(2):116–21. |
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| 19-21 | <p>Nutrition and constipation</p> <ul style="list-style-type: none"> • https://scireproject.com/community/topic/bowel/#1520894973514-fca10d49-8d7f Page 7-8 • Cameron KJ, Nyulasi IB, Collier GR, Brown DJ. Assessment of the effect of increased dietary fibre intake on bowel function in patients with spinal cord injury. <i>Spinal cord</i>. 1996;34(5):277–83. • Wong S, Jamous A, O'Driscoll J, Sekhar R, Weldon M, Yau CY, et al. A Lactobacillus casei Shirota probiotic drink reduces antibiotic-associated diarrhoea in patients with spinal cord injuries: a randomised controlled trial. 2014;111(4):672–8. |
| 22 | <p>Nutrition and pressure sores</p> <ul style="list-style-type: none"> • D W Byrne, C A Salzberg. Major risk factors for pressure ulcers in the spinal cord disabled: a literature review. <i>Spinal Cord</i>. Nature Publishing Group; 1996;34(5):255–63. |
| <p>Additional reading</p> <p>Books: <i>“Eat well, live well with spinal cord injury A practical guide to help individuals with spinal cord injuries address secondary health complications in SCI through nutrition.”</i> https://www.eatwelllivewellwithsci.com</p> <p><i>“The art of healthy living with physical impairments – Your comprehensive lifestyle guide to health and wellness”</i> https://spinalis.se/wp-content/uploads/2015/05/The-art-of-healthy-living-with-physical-impairments.pdf</p> | |