Nutritional Deficiencies in Industrialized Countries

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Volume Editors
J. C. Somogy4, Rschhkon-Zrich and G. Varela, Madrid

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1 Deficiency Diseases I Somogyi. J C. (Johann Carl) II. Varela, G III Series
Drug Dosage
The authors and the publisher have exerted every effort to ensure that drug selection and dosage set forth in this text are in accord with current recommendations and practice at the time of publication. However, in view of ongoing research, changes in government regulations, and the constant flow of information relating to drug therapy and drug reactions, the reader is urged to check the package insert for each drug for any change in indications and dosage and for added warnings and precautions. This is particularly important when the recommended agent is a new or infrequently employed drug.

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Although diseases due to vitamin or mineral deficiencies occur only seldom in industrialized countries nowadays, slight deficiencies of vitamins and other nutrients with subclinical symptoms can still be observed in many population groups, e.g., in pregnant women, elderly people and alcoholics. In the last 20-30 years new sophisticated methods, e.g., biochemical or enzymatic ones have been developed enabling us to detect such deficiencies.

The 17th Symposium of the Group of European Nutritionists in Santiago de Compostela dealt with the interesting problem of nutritional deficiencies in industrialized countries.

An attempt has been made to clarify the present situation in this important field by a number of reports giving an overview of the nutritional status of individuals of various age and of certain groups in our modern society.

It follows from several papers that nutritional deficiencies can occur almost during the whole life span of man. For instance, in the third trimester of pregnancy the requirement for thiamin, pyridoxine, vitamin A and iron is not sufficiently covered in a great number of women. Concerning iron deficiency - the most frequent nutritional deficiency of women in industrialized countries - it is interesting to mention that it, among other reasons, depends on food habits and on the environment in which the individuals live.

Chronic alcoholism is often associated with deficiencies of vitamins, minerals, trace elements, and proteins. Thiamin deficiency is one of the most frequent vitamin deficiencies, and it often occurs with severe symptoms.
The latest findings in this field are excellently summarized in the contributions presented in this volume. No doubt, they will help to solve some of these important problems.

Finally, I would like to thank the authors for their valuable papers and all those who have contributed to the publication of this book. A special debt of gratitude is due to Prof. Varela, coeditor of this volume, and his colleagues for the excellent organization of this symposium.

Rschikon-Zrich, June 1981
Prof. J. C. Somogyl