Nutrition in the Prevention of Disease

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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 and/or infrequently employed drug.

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Preface

Nutrition plays a role in the pathogenesis of various diseases. But nutrition-related diseases can be prevented by institution of a proper diet. This is of great significance since some of these diseases are important both
from the standpoint of public health and for economic reasons.
Taking these facts into consideration, the Group of European Nutritionists chose the topic ‘Nutrition in the Prevention of Disease’ for its meeting in Prague. The papers presented at the symposium are contained in this volume.
The first session dealt with obesity, one of the greatest health implications in highly developed regions. Several papers discuss its prevalence in various European countries, which differs between 20 and 47% among populations.
Vitamin deficiencies was the theme of the second session. The contributions to this chapter deal, among others, with the public health implications of vitamin deficiencies in Europe in general and specifically in elderly persons, as well as with the various possibilities of prevention, for instance, by public intervention.
Iron deficiency is a problem worldwide. 'It is the only remaining nutritional deficiency of importance' which occurs not only in developing but also in industrial countries. This interesting subtopic nutritional anemia and iron deficiency is discussed in several excellent papers in the third part of this book.
A chapter on the theme large bowel diseases completes this volume. The incidence of colon diverticulosis has increased in Europe during the last decades. This is probably caused by changes in our dietary habits, mainly by the reduction of dietary fiber intake. Two further interesting

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papers deal with the possibilities of prevention, and the treatment of large bowel diseases with higher fiber diets.
Finally, I thank the authors for their valuable articles, and all those who have contributed to the publication of this book.
A special debt of gratitude is due to Dr. Hejda, co-editor of this volume, and his colleagues for excellent organization of the symposium and their outstanding hospitality.

Rschlikon-Zrich, May 1989
Prof. Dr. med. J.C. Somogyi