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Nutrition and Body Composition Assessment in Cirrhosis

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Message from the Guest Editors

There is much interest currently around application of body composition for prognostication in cirrhosis. Quantification of body composition parameters provides objective estimation of patients' nutritional and metabolic status, which is not considered in the current liver transplant allocation system. Presence of malnutrition and/or body composition abnormalities in patients with cirrhosis is associated with prolonged hospitalization, adverse outcomes, and incremental health care costs. Therefore, proper identification of these abnormalities is necessary to enable us to design interventions aiming at treating malnutrition and modifying body composition abnormalities and to preclude adverse outcomes in these patients.

Recently, a wealth of research on impaired nutritional status and abnormal body composition features in cirrhosis has emerged. This information has advanced our knowledge; however, the field is currently hampered by heterogeneous assessments and definitions of these abnormalities. This demonstrates the necessity to develop standardized assessment tools and definition that can be implemented in cirrhosis.



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Special Issue



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