



# Nutrition In Abdominal Trauma

ABDOMINAL  
TRAUMA

## ► Nutrition In Abdominal Trauma ◀

- Basic energy consumption during trauma is almost twice normal.
- The body needs protein and carbohydrates to synthesize collagen and proteoglycans, and energy sources to boost immune function.
- In general, a diet with 50% carbohydrates, 15-20% protein and 30% fat is appropriate.
- Eat low-fiber foods (called low-fiber diets).
  - Allowed foods on a low-fiber diet include white bread, white rice, fruit juices, and refined vegetable juices without pulp. Low-fiber foods pass more easily through the gut. Avoid foods such as whole grains, whole fruits and vegetables, meats, seeds and nuts until you have no symptoms and return to normal. Also, avoid fried or fatty foods, dairy products, alcohol and spicy foods.
- Get the necessary vitamins and minerals (Vitamin C, Vitamin A, B Complex and Zinc).

### Need For Micronutrients In Trauma:

#### ► Vitamin C

- The daily recommendation for vitamin C is 90 mg for men and 75 mg for women.
- This vitamin is involved in collagen synthesis and immune function and may be needed to heal wounds.
- Air pollution, stress, smoking, exercise and physical activity, and disease increase the body's need for vitamin C.

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In trauma, the need for vitamin C increases 5 to 10 times.



#### ► Vitamin A

- The required amount is 3000 units for men and 2330 units for women.
  - This rate doubles in trauma.

#### ► zinc

- The recommended amount of zinc is 11 mg in men and 8 mg in women. Decreased zinc levels are seen in trauma patients, but it is not yet clear whether this condition indicates a need for zinc or an increase in false albumin.
  - Zinc is an essential element for energy metabolism and protein synthesis.
  - The supplement is suitable with 220 mg of zinc.
    - Be aware of any new or worsening symptoms. If this happens, contact your healthcare provider. It is probably normal to see a bruise at the site of the injury.



# Abdominal Trauma



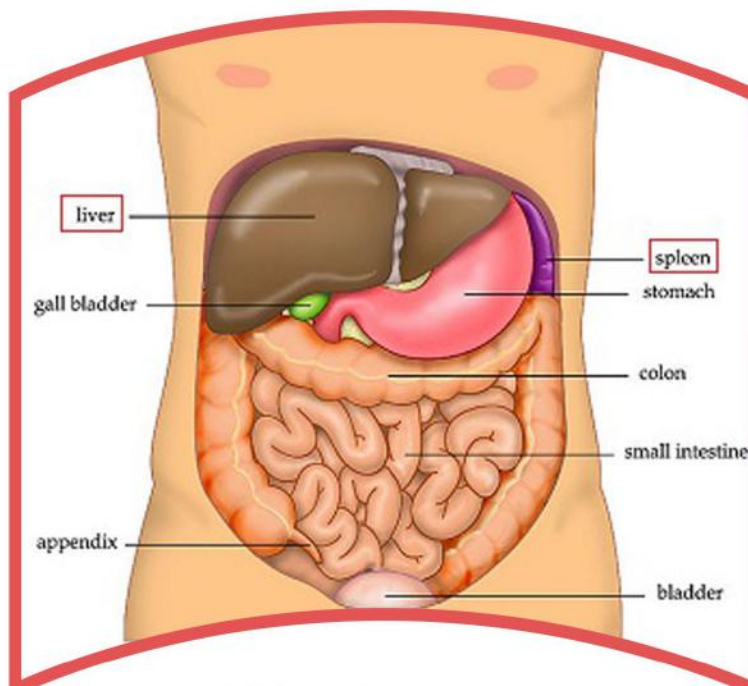
Muscles act as the main source of protein for metabolism. Nitrogen secretion increases after trauma and reaches its peak around the seventh day and eventually stabilizes. Other rare causes include falls from heights, injuries while cycling, injuries from sports activities and industrial accidents.

"Trauma" literally refers to severe injuries that occur as a result of an accident.

In situations where a person suffers due to infection or in various types of burns, various bone fractures, fevers, even severe emotional moments and chemical poisoning, the body experiences a severe stress and crisis. It is called "trauma".

## ► Trauma ◀

- Cause 10% of deaths worldwide
- The third leading cause of death in the United States
- The main cause of death from trauma is bleeding.
- The most common cause of death in people under 45 years
- Incidence of metabolic stress and catabolic conditions



In children, the most common causes of trauma are motor vehicle injuries and bicycle accidents.

Abdominal trauma can occur in people of any age and is associated with high complications.

Thousands of patients with abdominal trauma are seen in the emergency department each year, which significantly increases the cost of health care.

Abdominal trauma can cause damage to internal organs, resulting in internal bleeding, as well as cramps or injuries to the spleen, liver, and intestines. Patients can also be associated with injuries even outside the abdomen.