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Nutritional Intervention Protocol (NIP) for patients diagnosed with Idiopathic Intracranial Hypertension (IIH)

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Intracranial hypertension is a condition due to high pressure within the spaces that surround the brain and spinal cord. These spaces are filled with Cerebrospinal Fluid (CSF), which cushions the brain from mechanical injury, provides nourishment, and carries away waste. Intracranial hypertension can be either acute or chronic. Chronic intracranial hypertension can be caused by many conditions but can also occur without a detectable cause. This is Idiopathic Intracranial Hypertension (IIH). IIH presents low incidence. The annual incidence of IIH is about 3/100,000. The highest risk group is: women of childbearing age (18 to 45 years) and overweight or obese. Therefore, the modifiable risk factor is weight.

Currently, treatments are only useful for the patient's symptoms and quality of life. These treatments are as follows: pharmacological treatment to decrease the production of CSF, nutritional treatment to reduce weight, and surgical treatment to reduce the pressure exerted on the optic nerve and divert the elimination of CSF to other body areas.

The main objective of this study is to develop a Nutritional Intervention Protocol (NIP) to standardize nutritional

intervention in patients with IIH. The protocol includes a complete nutritional evaluation and, also, a personalized diet for each patient following the standard and verified recommendations.

Nowadays, no similar protocols exist. Only guidelines have been found in which it is recommended that patients should reduce their weight in order to improve their symptoms. Other authors verify that weight reduction is effective in the short term, but in long term it is difficult to maintain the weight achieved. That is why our protocol is important in IIH.

Finally, it should be noted, that not only the protocol is important but also nutritionists' work (in a multidisciplinary team) to address diseases that can be modified through nutrition.

Biography

Maria Tubilleja completed her Degree in Pharmacy at Universidad de Salamanca (Spain) in 2013. After that she has completed her Degree in Human Nutrition and Dietetics at Universidad Isabel I (Spain) in 2019. She currently works as a pharmacist. His research focuses on Nutrition and Pharmacy.

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