

CutisCare

C4 Summary

NUTRITION

Feb 12, 2025



Bob Bartlett MD CPE
Chief Medical Officer

Top Ten Nutrition Strategies

AI Generated Narrative Summary

ABSTRACT

Dr Bob Bartlett, Chief Medical Officer, led a discussion on the importance of nutrition in wound care, emphasizing the need for a simplified “prescriptive approach”. He noted the growing concern for “leaky gut” and the impact of gut physiology on nutrient absorption. He highlighted the risks associated with sugar substitutes, the importance of meeting total protein requirements, and the significance of vitamins and minerals for healing and overall health in a population with numerous co-morbid conditions. Lastly, Dr Bartlett indicated a handout for quick reference would be available and announced the upcoming April C4 topic on the use of checklists for patient readiness and suitability for hyperbaric therapy.

NARRATIVE SUMMARY

Dr. Bartlett welcomed everyone to the February C4 call and mentioned that the meeting would be recorded for those who joined late. He reminded everyone that they were on mute by default and would be given a few minutes at the end for questions. Kelly Caceres, who leads Cutis Care marketing, would make the presentation video available later, along with a handout of the presentation.

Nutrition's Role in Wound Care

Dr. Bartlett discussed the importance of nutrition in healthcare, emphasizing the need for a prescriptive approach rather than just telling patients to eat right. He highlighted the five building blocks of biology: carbohydrates, sugar, fat, protein, vitamins, minerals, and water. Dr. Bartlett stressed the importance of not confusing nutrition with body size (BMI) and the need to consider absorption, not just consumption, of nutrients. He mentioned the concept of a "leaky gut" and its potential impact on nutrient absorption. Lastly, he touched on the need for a more detailed understanding of gut absorption physiology.

Glycemic Control in Wound Healing

Dr. Bartlett reviewed the importance of glycemic control in wound healing, emphasizing that even minor fluctuations in blood sugar levels can have significant negative effects. He highlighted the need for regular hemoglobin A1c tests, even for patients without a family history of diabetes, as the incidence of diabetes in the general population is high. Dr. Bartlett pointed out that hyperglycemia, even for a short period, can lead to a reduced capacity of white cells to clear infections and increased formation of biofilms. He noted that patients with poor glycemic control, even with normal hemoglobin A1c levels, may benefit from insulin pumps and continuous glucose monitoring.

Risks of Sugar Substitutes in Diabetes

Dr. Bartlett discussed the potential risks associated with sugar substitutes, particularly sucralose, in managing diabetes. He highlighted that consuming sugar-free drinks with meals could lead to increased blood sugar levels and insulin resistance. Dr. Bartlett noted that sugar substitutes may alter the gut biome, affecting the bacteria that normally consume sugar. He recommended the use of Stevia and monk fruit as safer alternatives given currently available evidence.

Meeting Total Protein and Vitamin Needs

Dr. Bartlett discussed the importance of meeting total protein requirements, highlighting that one in three adults are protein deficient. He emphasized the significance of essential amino acids like Arginine and Glutamine, particularly during times of stress and illness. Dr. Bartlett also discussed the importance of vitamins and minerals, particularly Vitamin C, Vitamin A, and Vitamin D, recommending daily doses of 500mg, 10,000 units, and 10,000 units respectively. He stressed the importance of zinc and water intake for healing and overall health. Dr. Bartlett suggested a strategy for patients to meet these nutritional requirements, including drinking protein supplements and using specific supplements like Juven.



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- Sugar** Glycemic Control (Job 1) | Natural Sugar Substitutes
- Protein** 100 gm/day (Minimum) + Arginine & Glutamine
- Vitamins A - C - D** Vitamin A & D 10,000 IU/day | Vitamin C 500 mg/day
- Water** 2 liters (Qts) / day*