

ABSTRACT OF THE BACHELOR THESIS

This thesis deals with the issue of nutritional disorders in Huntington's disease. Huntington's disease is an incurable, neurodegenerative, autosomal dominant inherited disease. The prevalence of Huntington's disease in Western society is 10.6-13.7 / 100,000 individuals. The disease is manifested by disorders of free motor control, speech, swallowing, postural instability, cognitive deterioration and various behavioral changes. An integral part of the disease is unwanted weight loss. In the various stages of the disease, the causes of the development of nutritional disorders may differ and combine with each other.

In the theoretical part, the chapters are devoted to the etiology and pathogenesis, pathology, clinical manifestations, forms and stages of the disease, nutritional disorders and their classification, methods of nutritional status examination and specific causes of nutritional disorders that occur in each stage of the disease. A special chapter focuses on the classification of nutritional disorders according to the European Society for Clinical Nutrition and Metabolism, which was applied in the research.

The practical part aims to examine the nutritional status and evaluate eating habits in a group of patients with Huntington's disease through clinical and laboratory examinations and a questionnaire survey. Nutritional status testing was performed on 21 people using five methods, which are nutritional screening through the MUST questionnaire, examination of the hand grip strength with the help of a hand dynamometer, biochemical examination of blood parameters, bioelectrical impedance analysis and evaluation using diagnostic criteria set by the GLIM group. Finally, 16 patients were selected for the final analysis of the results. 5 patients were excluded because their examinations were incomplete. The obtained data were compared with the control file. Descriptive statistics were used for data processing. The degree of significance of the differences between patient and control results was determined using a two-sample t-test. Spearman's correlation coefficient was used to evaluate the relationship between the results of the investigated parameters.

The incidence or risk of eating disorders was found in a total of 12 of 16 patients in the early to intermediate stages of the disease. A total of 3 types of nutritional disorders were recorded - malnutrition / undernutrition, sarcopenia and obesity. The eating habits of the patients were evaluated as satisfactory, however the results of clinical examinations were often not favorable. This may be mainly related to the increased metabolic turnover that is typical for the disease. It is therefore necessary to approach the nutrition of patients with Huntington's disease individually.

Key words: Huntington's disease, classification of nutritional disorders, malnutrition screening, malnutrition, sarcopenia, obesity