The Control of Food and Fluid Intake in Health and Disease
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The Control of Food and Fluid Intake in Health and Disease

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Preface

This workshop was designed to catalyze expertise in the fields of nutrition and fluid and electrolyte balance. The workshop brought together clinicians and scientists from many diverse disciplines including infectious diseases, gastroenterology, pediatrics, endocrinology, and nutrition. In addition, it had a truly global perspective with participants coming from the Americas, Asia, and Europe. The topics covered by the workshop are not traditionally considered together, but this seemed a unique opportunity to bring together disparate areas of expertise to jointly explore recent scientific developments and to discuss future therapeutic and preventive strategies.

The workshop opened with two scene-setting presentations on the global burden of nutritional disorders and dehydrating diseases. These were followed by a session that examined the mechanisms by which food and fluid intake are controlled in normal, healthy individuals. This session focused predominantly on neuroendocrine mechanisms of appetite control and on the role of the alimentary tract in maintaining fluid and electrolyte homeostasis. This session was followed by an in-depth assessment of the mechanisms by which both over- and undernutrition occur, including a detailed analysis of areas of commonality between the industrialized and developing worlds. The workshop was finally brought together by a discussion of future evidence-based strategies for the management of nutritional and diarrheal disorders.

The workshop was unusual in that many of the participants did not know each other before coming to New Delhi. This account of the workshop underscores the diversity of topics, ideas, and opinions expressed during three enjoyable days and hopefully will be a real growth point for these research issues that continue to have a major clinical and social impact worldwide.

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Foreword

Providing appropriate nutrition for people experiencing disease will always be vital and, in many instances, a challenge difficult to achieve, whereas normal, balanced nutrition should no longer present a problem. However, the latter is not the case, either in developing or in developed countries. For this 51st Nestlé Nutrition Workshop, which took place in April 2002 in New Delhi, the topic "The Control of Food and Fluid Intake in Health and Disease" was chosen because we wanted to bring together the knowledge of various experts in different fields in order to better understand the pathogenesis of and the therapeutic implications for certain diseases, such as dehydration, anorexia, and obesity.

I thank the two chairmen, Prof. Michael Farthing and Dr. Dilip Mahalanabis, who are well-known experts in this field, for putting the program together and inviting as speakers the opinion leaders in the field of nutritional and fluid balance in health and various disease conditions. Scientists invited from 20 countries contributed to the discussions that are published in the book. Mr. Rana Bandyopadhyay and his team from Nestlé India provided all logistical support, so that participants would gain an appreciation of Indian hospitality. Dr. Denis Barclay from the Nutrition Strategic Business Division in Vevey, Switzerland, was responsible for the scientific coordination. His cooperation with the chairpersons was essential for the success of this workshop.

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