

CEREBRAL PALSY & ENTERAL FEEDING



A SUPPORTIVE
GUIDE



YOU OR YOUR RELATIVE LIVE WITH CEREBRAL PALSY, AND ENTERAL FEEDING HAS BEEN PRESCRIBED. ENTERAL FEEDING IS A NEW WORLD TO NAVIGATE, AND YOU CERTAINLY HAVE MANY QUESTIONS ABOUT IT. WE HOPE THIS GUIDE WILL PROVIDE YOU WITH SOME HELPFUL ANSWERS.

What is cerebral palsy?

Cerebral palsy (CP) is not a disease. It is a group of neurological disorders that **affects movement, posture and motor function** in children and also in many adults.

Each person with CP is unique, with varying abilities and disabilities.

The severity of mobility limitations can differ greatly, depending on the part of the body affected, the severity of the condition, or the type of movement disorder.

Children and adults with CP may also have learning and perceptual difficulties, hearing problems, **digestive problems and growth deficiencies**.

How is it diagnosed?

CP diagnosis is generally made during the first two years of life. Early diagnosis at 12 weeks of age is also possible.

However, if symptoms are mild, it can be difficult to make a reliable diagnosis before the age of 4 or 5.

What causes cerebral palsy?

CP is caused by **damage or abnormal development** that appears during infancy or early childhood and that alters areas of the brain involved with movement. Yet, in many cases, the exact cause is unknown.

How is it treated?

CP cannot be cured, but it is possible to improve the capabilities and quality of life of your relative.

Nutrition therapy, surgical interventions, medications and equipment can be helpful. Along the way, professionals from various disciplines are also available for help and support.

The goals of nutrition therapy

Because of feeding difficulties, mealtimes may be stressful. Eating problems that affect your relative are serious, but treatable. One treatment option is **enteral nutrition therapy**.

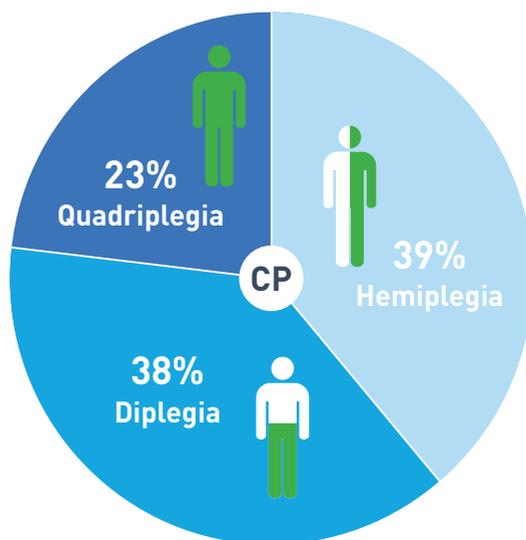
This is nutrition by way of a tube to the stomach of individuals who can't take in enough food (this feeding method is also called 'tube feeding').

Feeding difficulties

Since CP affects muscle control and coordination, eating may be affected. Some individuals may have difficulty with chewing and with coordinating their swallowing. In addition, many of them may experience gastrointestinal (GI) problems (regurgitation, vomiting, chronic constipation, or **delayed gastric emptying**), causing prolonged or difficult meal times.

In fact, in CP, optimizing nutrition management is essential to:

- improving health and quality of life
- **maintaining growth** in children and body weight in adults



Part of the body affected by CP and proportion of CP

Delayed gastric emptying: A disorder that slows or stops the movement of food from the stomach to the small intestine



Various nutritional **formulas** are available, among which are **peptide**-based formulas.* These formulas contain proteins that 'have been broken down' into peptides to facilitate absorption and digestion in people who have GI problems.

Whey peptide-based formulas are specifically designed for those **who have abnormal functioning of the GI tract and who are at risk of malnutrition**, such as individuals with CP.

Whey peptide-based formulas **facilitate gastric emptying**. They help ensure **gastrointestinal tolerance**: they **reduce the number of vomiting and regurgitation episodes** in individuals with CP.

Whey is also an ideal protein source for nutrition support: it **promotes normal growth and development**.

Whey peptide-based formulas can be used in hospitals or in a home environment. For more information, please ask your healthcare professional.

Every person with CP is unique, requiring personalized, tailored care

Nestlé Health Science is committed to designing the best nutritional solutions for you and your loved ones

For additional information on CP, please visit our website: <https://www.mychildwithcp.com>

Formulas: Feed preparations delivered by a tube. They contain protein, carbohydrates (sugar), fats, vitamins, and minerals

Peptides, proteins: Proteins and peptides are fundamental components of the body, where they perform a vast array of functions. Peptides are smaller than proteins

Whey: The watery part of milk that separates from the curds. The protein in cow's milk is 20% whey protein and 80% casein protein.

***For further information, please consult our 'Enteral Nutrition' brochure**

This leaflet is for information only and should not be used for the diagnosis or treatment of medical conditions. Consult healthcare professionals for diagnosis and treatment of medical conditions.