



*Book Supplement*

**Differential Diagnosis of Nutritional Syndromes**

Disease	Notes
Wasting	Loss of body cell mass without underlying inflammatory condition. Resting energy expenditure reduced. Visceral proteins preserved. Extracellular fluid not increased. Examples: marasmus, cancer, critical illness without nutrition support, chronic organ failure syndromes.
Sarcopenia	Age-related loss of muscle mass without other precipitating conditions. Role of undernutrition in sarcopenia is unknown.
Cachexia	Loss of body cell mass with underlying inflammatory condition. Cytokine-mediated acute phase metabolic response. Elevation of resting energy expenditure. Decline in visceral proteins. Increased extracellular fluid. Examples: rheumatoid arthritis, congestive heart failure, chronic obstructive pulmonary disease, critical illness with nutrition support.
Protein-energy undernutrition	Clinical and laboratory evidence for reduced intake of protein and energy. Reduced visceral proteins. Includes many patients with injury, disease or inflammatory states who have compromised dietary intakes.
Failure to thrive	Weight loss and decline in physical and/or cognitive functioning with signs of hopelessness and helplessness. Applied in clinical practice to undernourished older persons in functional or cognitive decline.

Table from *Physicians Information and Education Resource (PIER)*, Nutritional Syndromes module.