



# Transplant WA

Beyond the Surgery: Prepping Your Body for Transplant Success



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# Content

- Beyond Surgery: *Shifting the focus*
- Fueling Your Body: *Building a balanced plate*
- Kitchen Champions: *Food safety for maximum immunity*
- Are all Transplants Equal?
- Gut Feeling: *Exploring the impact of diet on recovery*
- The Road Ahead



# Beyond Surgery: *Shifting the focus*

- Pre transplant
  - Nutritional fitness to prepare for surgery
    - Healthy balanced diet
  - Address weight issues
    - Undernutrition
    - Obesity
  - Reduce risk of diabetes, stroke and heart attack
  - Electrolyte concerns – e.g., potassium and phosphate (kidney).



# Beyond Surgery: *Shifting the focus*

Acute posttransplant period:

Recovery – wound, management of symptoms, deficiencies

High protein intake

Increase foods rich in phosphorus and magnesium e.g., dairy

Manage blood glucose levels with low GI carbohydrates.





# Weight – *why bother?*

0 – 5% = reduction in blood pressure and blood glucose levels



5 – 10 % = prevention of type 2 diabetes, reduced risk of high cholesterol and fatty liver disease



10 – 15% = reduction in risk of heart disease, sleep apnoea, reflux, osteoarthritis – especially of the knee and urinary stress incontinence



>15% = potential remission of type 2 diabetes and reduced risk of death by heart disease.



## Beyond Surgery: *Shifting the focus*

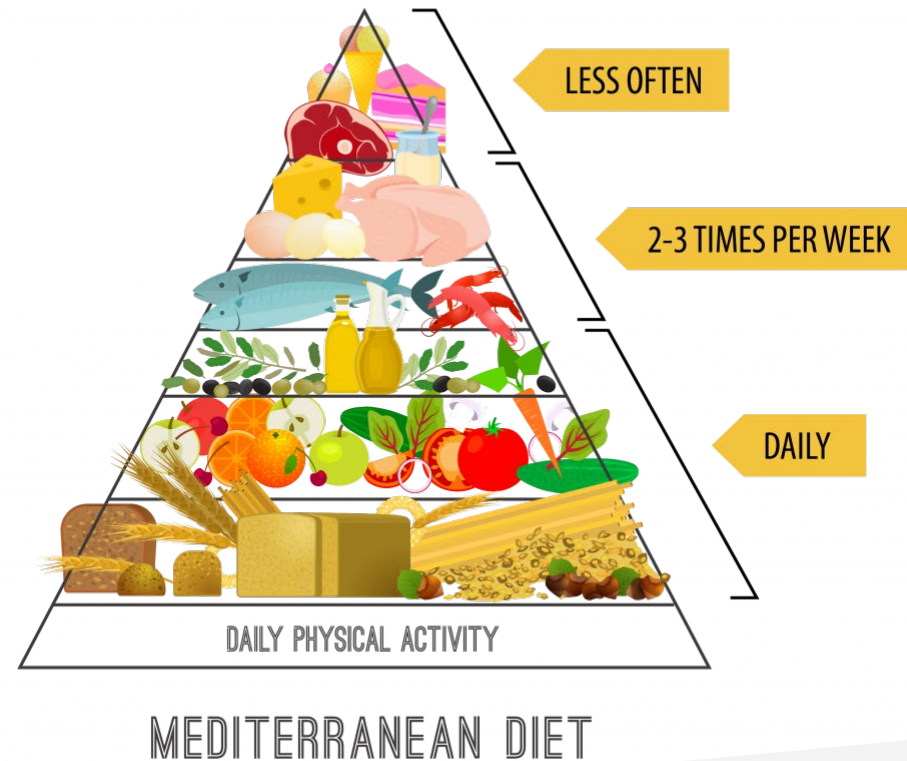


- Post transplant:
  - Weight gain common
  - Obesity can adversely impact posttransplant outcomes
  - New onset diabetes also common
  - Cardiovascular health needs to be optimised

*What does this look like?*

# Fueling Your Body: *Building a balanced plate*

- Mediterranean Diet
  - Wholegrain breads & cereals (low GI carbohydrates)
  - Nuts and seeds (unsalted)
  - Fruit and vegetables (2 & 5)
  - Legumes and beans
  - Lean fish and chicken
  - Limit red meat
  - Increase plant-based proteins (nuts, seeds, tofu, grains)
  - Reduce salt and alcohol.



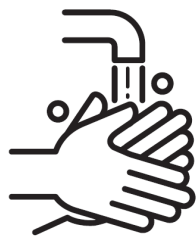


# Kitchen Champions:

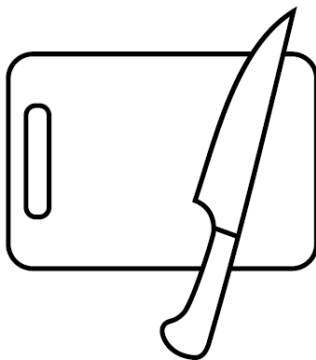
*Food safety for maximum immunity*



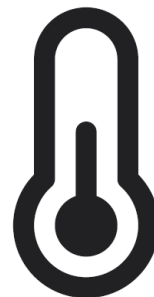
Avoid



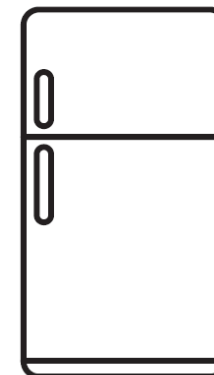
Clean



Separate



Cook



Chill



# Kitchen Champions:

## *Food safety for maximum immunity*



**Avoid** – high risk foods e.g., raw or undercooked meats, eggs and seafood



**Clean** – hands, utensils, surfaces, fruit, vegetables and avoiding eating from damaged containers



**Separate** – raw and cooked foods on chopping boards and in the fridge (raw at bottom)



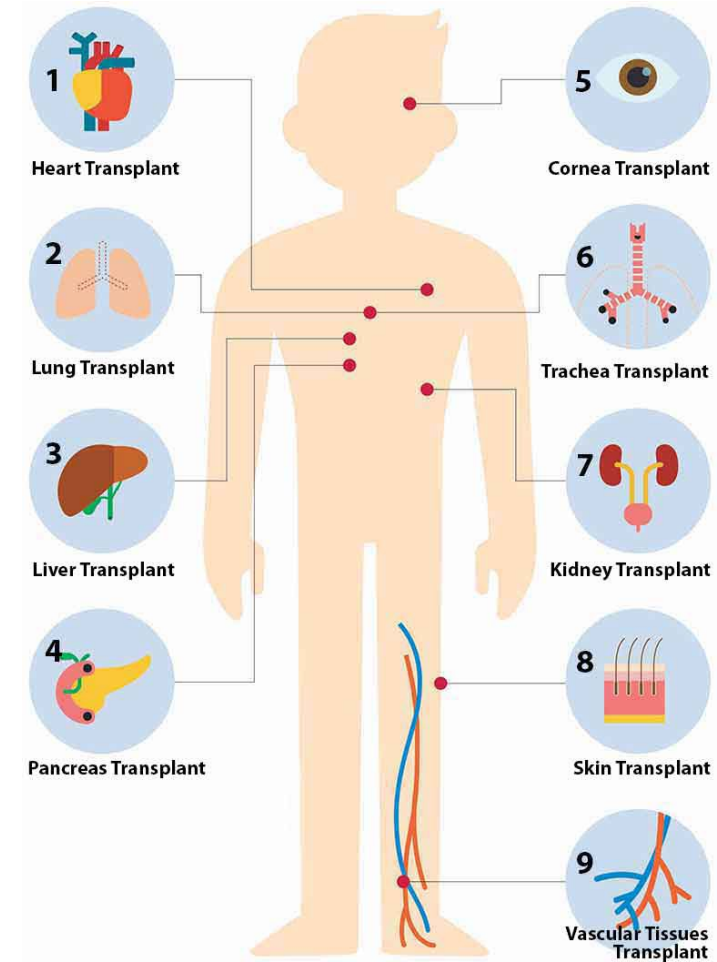
**Cook** – keep hot foods  $>60^{\circ}$  and cold foods  $<5^{\circ}$



**Chill** – defrost in fridge/microwave, refrigerate after steam.

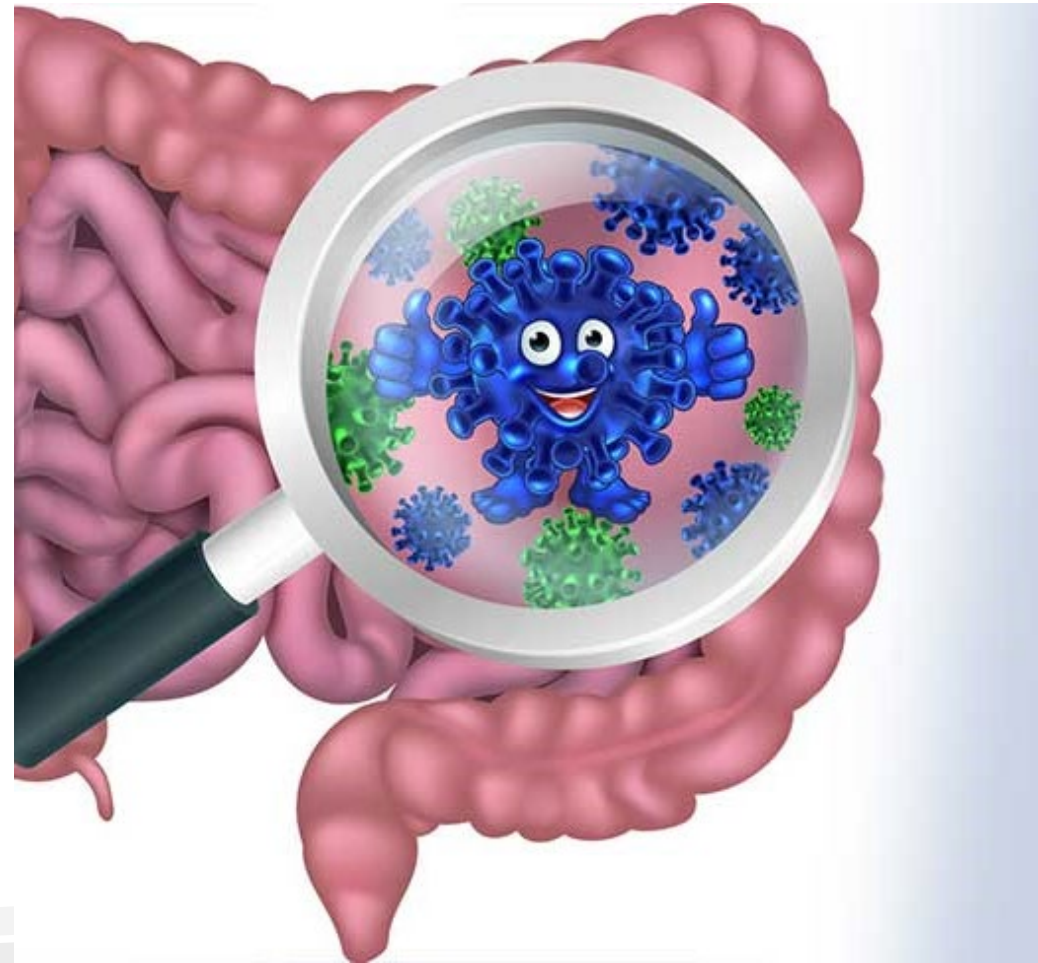
# Are all Transplants Equal?

- Main emphasis on food hygiene is required for all
- Avoid infections
- Mediterranean/DASH style diet
- Kidney – embrace dietary freedom!
- Seek help if symptoms arise.

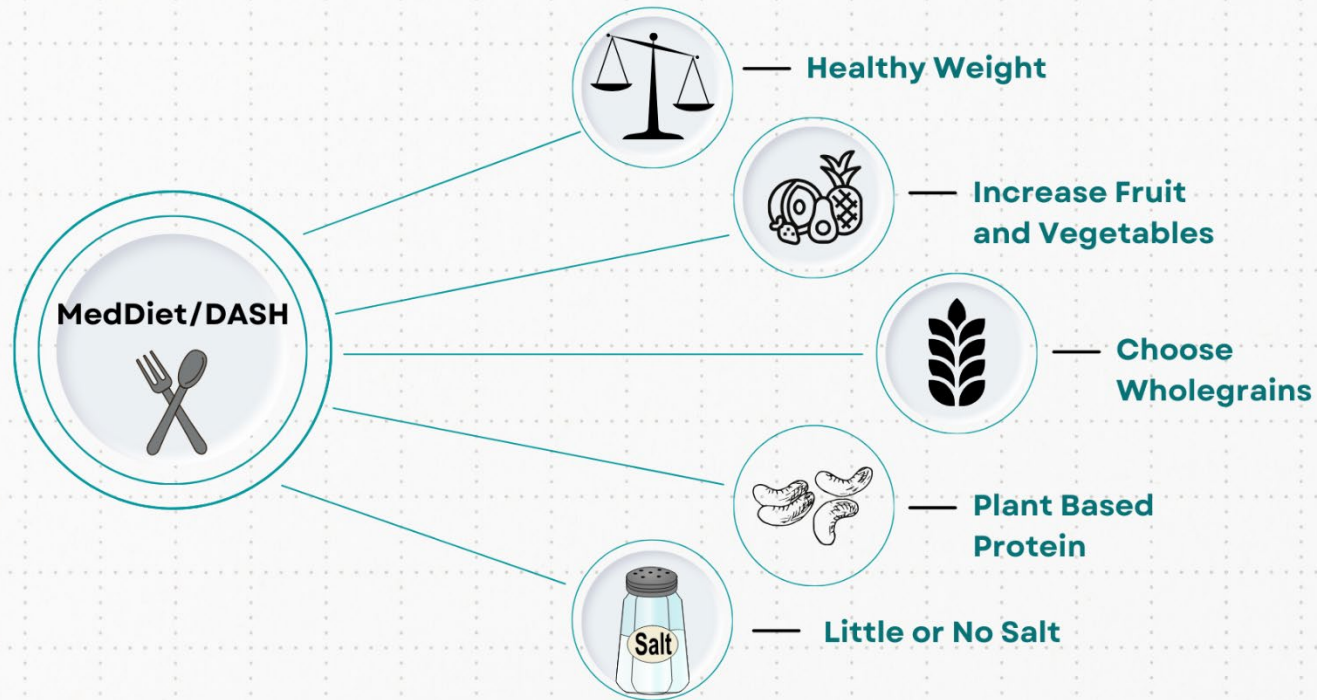


# Gut Feeling: *Exploring the impact of diet on recovery*

- Bacteria in gut very important
  - Immunity
  - Kidney and cardiovascular health
  - Metabolic systems
- Transplants disrupt gut bugs (dysbiosis)
- Common in kidney and liver transplants
- Diet plays important role = Mediterranean.



# The Road Ahead





# Thank You!

Questions

