

# The Art of Clinical Nutrition



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Kubilay İŞSEVER, Assoc. Prof., MD



# **The Art of Clinical Nutrition**

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**Kubilay İŞSEVER, Assoc. Prof., MD**

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## Preface

Nutrition is a discipline that is often overlooked by clinicians, largely because it is not exclusively claimed by any single medical specialty. However, in almost all pathological conditions, the presence of accompanying malnutrition inevitably worsens clinical outcomes. Optimal nutritional management is essential for the proper functioning of everything from micro-level enzymatic reactions to macro-level tissues, organs, and systems. Today, even many ostensibly healthy individuals pave the way for chronic diseases by adopting a monotonous, "unhealthy" dietary pattern based solely on personal preferences, rather than the "balanced nutrition" approach the body truly requires.

This book aims to provide a comprehensive perspective on "nutritional management"-a vital branch of the medical art-for physicians, who are essentially the artists practicing it. Guided by current guidelines and recent scientific literature, this work, comprising 7 sections and 48 chapters, dives into the vast ocean of nutrition starting from the cellular level through a pathophysiological lens. As the chapters progress, it expands to the tissue, organ, and system levels, ultimately culminating in targeted nutritional approaches and malnutrition management tailored to specific clinical scenarios. We extend our deepest gratitude to all the specialists and faculty members from various disciplines who contributed to the creation of this exceptional and comprehensive work. We dedicate this work, which we hope will become an essential bedside reference for all clinicians striving to improve patient outcomes through optimized nutritional management, to the physicians who lost their lives in the line of duty while devotedly caring for patients, particularly those we lost during the recent pandemic.

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**Ankara, 2026**