

# Nutritional Issues with PSC

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# Chronic Cholestasis:

- Fat Malabsorption (Steatorrhea):
  - Fat-Soluble Vitamin Deficiencies:  
A, D, E, and K
  - Impaired Calcium Absorption  
(Metabolic Bone Disease)
  - Hypercholesterolemia



# Treatment:

- Low Fat Diet  
Balloon dilatation and stenting can help alleviate constant use
- Fat-Soluble Vitamin Supplementation (oral, IV)
- Calcium Supplementation



# Treatment continued:

- Severe Weight Loss:
  - Small, Frequent Meals and Snacks
  - Oral Supplements with MCT Oil
  - Nutrition Support (TF vs. PN)



# Further Interventions for Liver Cirrhosis:

- Ascites:
  - Sodium Restriction (2gm/d)
  - Fluid Restriction
- Encephalopathy:
  - Protein Restriction



# IBD (UC or Crohn's)

- Ulcerative Colitis:
  - Iron Deficiency
- Crohn's Disease:
  - Folate, Zinc, Iron, and B<sub>12</sub> Deficiencies



In general, individuals with PSC need to consume adequate calories and protein to maintain a healthy weight, and good nutritional status.

