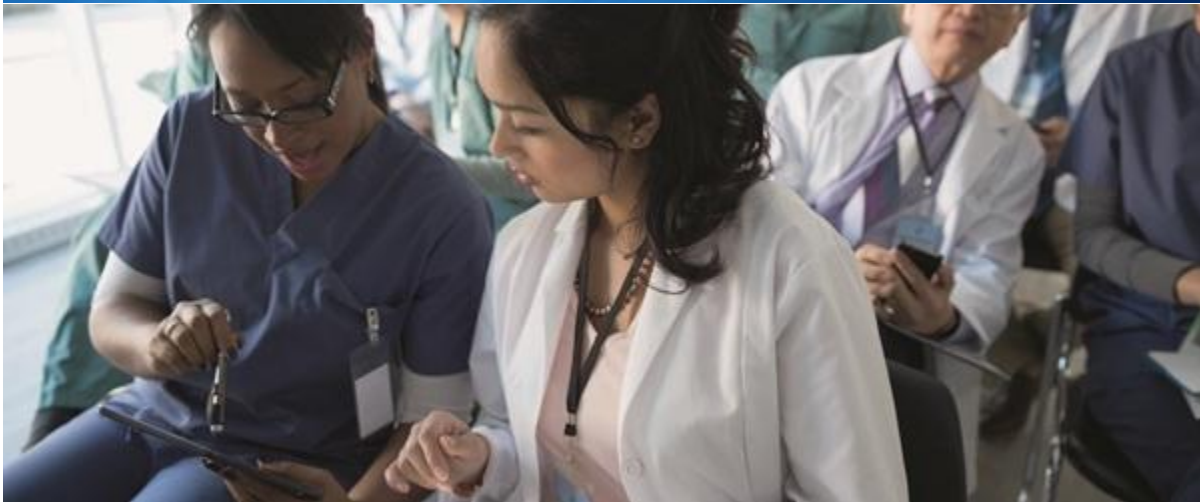




Clinician Spotlight ANHI | September 2026

Every day, healthcare professionals worldwide use nutrition to help patients heal, recover, and thrive. In this first edition of *Clinician Spotlight*, we celebrate a remarkable group of clinicians whose dedication to evidence-based nutrition has led to meaningful improvements in patient outcomes, from addressing micronutrient deficiencies and malnutrition to supporting complex gastrointestinal and chronic disease management. Their stories show the difference personalized nutrition care can make and remind us that even small interventions can have life-changing results. We are honored to share their successes and recognize their important contributions to advancing patient care worldwide.

Note: *These stories are personal testimonials and should not be interpreted as endorsements of specific clinical practice. Clinical protocols and standards of care may vary by country and healthcare setting.*



Ume Aiman, MS

Clinical Nutritionist & Executive Dietitian
RNDC Nutrition Hospital
Lahore, Pakistan

The Missing Piece: Uncovering a Nutrition-Related Cause of Chronic Fatigue

After years of struggling with persistent fatigue, poor concentration, and frequent dizziness, a young woman had begun to accept that her symptoms might never improve. Despite multiple healthcare visits, her concerns were often attributed to stress. A comprehensive nutrition assessment, however, revealed a different story: a dietary pattern low in vitamin B12-rich foods and several risk factors for micronutrient deficiency.

"Using the Nutrition Care Process, I developed an individualized intervention focused on restoring nutritional adequacy through evidence-based dietary counseling, targeted supplementation, and practical meal planning that respected her cultural food preferences and financial limitations," Ume Aiman, MSc, explained. "Educational resources from Abbott Nutrition Health Institute have strengthened my evidence-based clinical decision-making and reinforced the importance of personalized nutrition in improving patient outcomes."

Within months, the patient reported improved energy, better concentration, and a renewed sense of control over her health. The case illustrates how personalized nutrition care can help uncover overlooked contributors to poor health, improve quality of life, and empower patients to take an active role in their well-being.

ANHI resources used: ANHI's continuing education modules, clinical nutrition articles, and evidence-based resources on micronutrient management and patient-centered nutrition care supported my clinical decision-making.



**Voon Ken Fong, MD, MRCP(UK),
ESENeph**

Gleneagles Hospital
Kuala Lumpur, Malaysia

Nourishing Recovery: How Early Nutrition Support Helped Reduce Aspiration Risk

When an older adult with advanced dementia was hospitalized with aspiration pneumonia, a comprehensive assessment revealed another critical concern: severe malnutrition. Using the Mini Nutritional Assessment (MNA), Voon Ken Fong, MD, and his team at Gleneagles Hospital in Kuala Lumpur identified nutritional risk driven by dysphagia, lack of functional dentition, and cognitive impairment that made safe oral feeding impossible.

To reduce aspiration risk while restoring nutritional status, the multidisciplinary team initiated exclusive enteral nutrition using a nasogastric tube and provided caregivers with education to support ongoing care at home.

Four months later, the patient had gained approximately 6 kg, showed significant improvements in nutritional status and functional well-being, and experienced no further episodes of aspiration pneumonia.

"This case highlights the importance of early nutritional assessment and demonstrates the role of exclusive enteral nutrition in restoring nutritional status, supporting recovery, and reducing recurrent aspiration related complications in frail older adults with dementia and dysphagia," Fong concluded.

ANHI resources used: Malnutrition Assessment



**Nora Abdelmoneum
Mohamed, MBBCh**

Head of Clinical Nutrition Unit
Beni Suef Special Hospital
Beni Suef, Egypt

A Targeted Nutrition Approach to Recovery After Colon Cancer Surgery

Following colon cancer surgery and end jejunostomy, a female patient presented with severe malnutrition, sarcopenia, dehydration, and poor appetite. Despite drinking water, dehydration remained a persistent challenge due to impaired absorption associated with short bowel syndrome.

Guided by short bowel nutrition principles, Dr Nora Abdelmoneum implemented an individualized intervention that included oral rehydration solution, a high-protein diet, a hypercaloric enteral formula, intravenous vitamin B12 and vitamin D supplementation, and oral zinc. She designed the nutrition plan to improve hydration, support nutrient absorption, preserve muscle mass, and promote weight gain.

Over time, the patient's condition improved significantly. "Her muscle function improved her gait...her muscle became better and finally she gained weight," Mohamed told us. This case highlights the powerful role of specialized nutrition support in helping patients with complex gastrointestinal conditions recover strength, function, and quality of life.

ANHI resources used: Short bowel guidelines



Loren Mashburn RDN, LD, CDP

Community Dietitian

Meals on Wheels, Inc. of Tarrant County

Fort Worth, TX, USA

A 49-Pound Turnaround: How Nutrition Helped Restore Strength and Independence

When a 72-year-old woman living with COPD and multiple chronic health conditions was referred to a registered dietitian for unintended weight loss, her condition was more severe than anyone realized. Although she believed she weighed 87 pounds, an assessment revealed her actual weight was just 63 pounds, placing her at significant nutritional risk.

Working closely with the patient, Loren Mashburn, RDN, LD, CDP, developed a personalized plan centered on high-calorie, high-protein meals and snacks, supplemented with a calorie-dense, vitamin-rich, high-protein shake to support weight gain and improve nutritional status. Her approach focused on practical, enjoyable foods that the patient could consistently incorporate into her daily routine.

The results were remarkable. Within eight months, the patient's weight increased to 95 pounds, allowing her to resume physical therapy. By the end of the year, she had reached 112 pounds, a 49-pound gain. "Instead of appearing weak and dependent, [the patient] now answers the door on her own and is walking more independently," Mashburn's colleague, Melissa Pratt, reported when she nominated Mashburn for this Clinical Spotlight. "Beyond the scale, she regained strength, mobility, and independence, answering the door on her own and walking more confidently."

This case highlights the profound impact targeted nutrition interventions can have on restoring function, quality of life, and hope in vulnerable older adults.

ANHI resources used: Resources on oral nutrition supplements



Andrea Reznik RDN, LDN, MBA

Co-founder/Principal Investigator

Reznikbell Labs, LLC

Minnetonka, MN, USA

A Year of Change: How Individualized Nutrition Supported Liver Recovery

A patient with inflammatory gastrointestinal disease faced a complex nutritional challenge after MRI imaging revealed diffuse hepatic steatosis with a liver fat fraction of 20.2%. Chronic inflammation, gastrointestinal intolerance, and restricted food choices complicated efforts to support metabolic and liver health.

Rather than adding another medication, "I developed an individualized oral nutrition protocol designed to support hepatic lipid handling, antioxidant capacity, nutrient adequacy, and metabolic recovery," Andrea Reznik RDN, LDN, MBA, explained. "The intervention was adapted to the patient's gastrointestinal limitations, food intolerances, and ability to maintain the protocol consistently."

Approximately one year later, follow-up CT imaging found no evidence of hepatic steatosis, and a subsequent ultrasound showed normal hepatic echotexture. While a single case cannot establish causation, the imaging-confirmed improvement highlights the potential value of personalized nutrition strategies in supporting liver health and metabolic recovery. It also underscores the importance of evaluating nutrition interventions through objective clinical measures whenever possible.

ANHI resources used: ANHI education on therapeutic nutrition, metabolic health, disease-related nutritional risk, and individualized nutrition care supported the overall clinical approach. These resources reinforced the importance of identifying nutrition-related factors that may contribute to chronic disease, adapting interventions to the patient's medical and gastrointestinal limitations, and evaluating outcomes through objective clinical measures.

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Andrea Reznik had a second worthy story to celebrate...

A New Chapter in Crohn's Care: Four Years of Clinical Remission

After experiencing four small-bowel obstructions despite biologic therapy, a patient with complicated Crohn's disease faced ongoing symptoms and declining quality of life. Following treatment for a subsequent episode of widespread candidiasis, an individualized nutrition protocol was introduced to support intestinal microbial balance, mucosal health, immune function, and overall recovery.

Reznik devised an individualized nutrition approach incorporating mammalian colostrum, human milk oligosaccharides (HMOs), and a naturally occurring dietary source of medium-chain fatty acids, alongside a low-fiber diet tailored to the patient's clinical needs. The strategy was informed in part by emerging nutritional concepts related to gut microbiota, immune support, and intestinal barrier function.

The outcome was remarkable. The patient experienced approximately four years without bowel obstruction, hospitalization, abdominal pain, diarrhea, urgency, or tenesmus. Food tolerance improved, daily function returned, and the patient resumed regular exercise. While a single case cannot establish causation, it highlights the potential of individualized nutrition strategies to complement medical care and supports further investigation into nutrition's role in promoting long-term intestinal health and clinical stability in Crohn's disease.

"ANHI educational resources on human milk oligosaccharides helped support my understanding of their potential roles in beneficial gut bacteria, pathogen–epithelial interactions, digestive health, and immune regulation," Reznik said.

ANHI resources used: ANHI materials on colostrum and early immune support reinforced the rationale for incorporating immunoglobulin-rich mammalian colostrum into the nutrition protocol. ANHI's HMO materials further supported the rationale for considering HMOs as part of a broader strategy involving microbial balance, immune signaling, and intestinal barrier support.

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Let Us Celebrate Your Successes!

Every day, healthcare professionals around the world improve patient outcomes through the power of nutrition. Now, your experience can help others do the same.

The ANHI Story Exchange invites you to share a real-world case where nutrition has made a

meaningful difference in patient care. Your insights could inspire your peers, inform global best practices, and be featured across ANHI channels. This is your chance to tell us all about it!

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