# Article information:

Nutritional approaches for gastroparesis - PubMed  
<https://pubmed.ncbi.nlm.nih.gov/33065041/>

# Article summary:

1. Patients with gastroparesis often have signs and symptoms including nausea, vomiting, epigastric discomfort, and early satiety, leading to inadequate food intake and a high risk of malnutrition.

2. Nutritional strategies for gastroparesis include modifying food composition, consistency, and volume in the context of delayed gastric emptying. Stepwise nutritional interventions could include liquid meals, oral nutrition supplements, enteral nutrition, and parenteral nutrition.

3. There is a considerable scarcity of data about nutritional approaches for gastroparesis, and current practices rely on extrapolated evidence. This review discusses the role, rationale, and current evidence of diverse nutritional interventions in the management of gastroparesis.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

作为一篇综述文章，该文对营养干预治疗胃轻瘫的角色、理论基础和当前证据进行了概述。然而，该文存在以下问题：

1. 偏见来源：该文没有明确说明作者的利益冲突或资金来源，可能存在偏见。

2. 片面报道：该文只讨论了营养干预治疗胃轻瘫的方法和效果，但未提及可能存在的风险和副作用。

3. 无根据主张：在介绍液体饮食、口服营养补充剂、肠内营养和静脉营养等逐步营养干预措施时，该文未提供足够的证据支持这些方法的有效性。

4. 缺失考虑点：该文未考虑个体差异、不同类型胃轻瘫患者的不同需求以及其他治疗选择对营养干预治疗的影响。

5. 主张缺失证据：在介绍改变食物成分、质地和容量等方法时，该文未提供足够的证据支持这些方法对胃轻瘫患者有益。

6. 未探索反驳：该文未探讨其他学者对营养干预治疗胃轻瘫的不同观点和反驳。

7. 宣传内容：该文未提供足够的证据支持营养干预治疗胃轻瘫的有效性，但仍然强调了这些方法的重要性和必要性。

综上所述，该文存在一些问题，读者需要谨慎评估其内容并寻找更多相关信息。

# Topics for further research:

* Conflict of interest or funding sources
* Risks and side effects
* Evidence-based support for intervention methods
* Individual differences and treatment options
* Evidence for effectiveness of dietary modifications
* Alternative viewpoints and criticisms

# Report location:

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