



Course catalogue

NUT-IIE-ZA02 Diet therapy in malnutrition, obesity and comorbidities

Programme	Nutrition
Level	Master's programme
Academic year	I year
Semester	Autumn Semester
ECTS credits	8 credits
Lecturers	Full Prof.Zora Uzunovska, MD, PhD Ass. Prof. Marija Menkinoska, PhD Ass. Prof.Tatjana Blazhevska, PhD
Language	Macedonian / English
Objective	Course objectives are for the student to gain knowledge of the therapeutic strategies and management of overweight, obesity and associated diseases / comorbidities such as insulin-dependent diabetes, cancer, and cardiovascular disease. In relation to malnutrition knowledge of the causes will deepen to this phenomenon, the most effective treatments in the adolescent period, and the vulnerable periods in life (nursing mothers, elderly people, chronic ill). The student is orientate and deepen a specific theme with applicative character in accordance with his affinities and master thesis.
Content	Obesity as a risk factor for occurrence of associated comorbidities; Proper way of nutrition and physical activity as a culture and lifestyle; Preventive strategies for obesity management, caused by energy-intensive consumption and micronutrient deficiency; Significance of behavioral therapy in the treatment of obesity; Malnutrition individual level of anorexia and in the form of a global crisis, as a consequence of poverty.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.