

## 69017 - Nutritional elements of endocrinological-metabolic diseases

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	104 - Facultad de Medicina
Degree	461 - Master's in Genetic, nutritional and environmental growth and development conditions
ECTS	2.0
Year	1
Semester	Annual
Subject Type	Optional
Module	---

### 1. General information

#### 1.1. Introduction

#### 1.2. Recommendations to take this course

#### 1.3. Context and importance of this course in the degree

#### 1.4. Activities and key dates

### 2. Learning goals

#### 2.1. Learning goals

#### 2.2. Importance of learning goals

### 3. Aims of the course and competences

#### 3.1. Aims of the course

#### 3.2. Competences

### 4. Assessment (1st and 2nd call)

#### 4.1. Assessment tasks (description of tasks, marking system and assessment criteria)

### 5. Methodology, learning tasks, syllabus and resources

#### 5.1. Methodological overview

This course has no face-to-face sessions, it is done via the virtual platform Moodle. The course contents include original works and/or explanatory presentations related to topics of great social and medical significance.

Although the students have access to the materials on the platform, teachers will be available for queries and doubts via email, messages and chats.

Before raising any issue/question it is essential to do a thorough and comprehensive reading of the available contents.

## 69017 - Nutritional elements of endocrinological-metabolic diseases

Students enrolled at the University of Zaragoza, if they prefer it, can visit teachers during their office hours.

### 5.2.Learning tasks

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Although the students have access to the materials on the platform, teachers will be available for queries and doubts via email, messages and chats.

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### 5.3.Syllabus

The course will address the following topics:

Topic 1. Precocious Puberty

Topic 2. Turner Syndrome (TS)

Topic 3. Updates on genetic aspects of certain hipercrecimientos

Topic 4. Current aspects of Prader-Willi syndrome (PWS): SPW current genetic considerations. Evolution of growth and body composition of SPW

Topic 5. Nutritional Obesity and metabolic syndrome

Topic 6. Anorexia Nervosa

Topic 7. Diabetes Mellitus in childhood and adolescence

Topic 8. Nutrition, abnormal carbohydrate metabolism and cystic fibrosis

Topic 9. Nutrition and diabetes

Topic 10. Nutritional monitoring of children with intrauterine growth retardation

### 5.4.Course planning and calendar

As this is an online course, assignments will be submitted on the Moodle platform at the end of the course.

There are videoconferences which will be notified in advance.

### 5.5.Bibliography and recommended resources

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- BUENO G. Nutrición y diabetes mellitus tipo 1. En: Bueno M, Sarría A, Pérez-González JM, eds. *Nutrición en Pediatría*. 3ª ed. Madrid: Ergon; 2007. p. 429-437.
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- BUENO G, BUENO O. Anorexia nerviosa. En: Olivares JL, ed. *Guía Nutricional para Universidades Saludables*. Prensas Universitarias de Zaragoza: Zaragoza; 2012. p.145-155. ISBN: 978-84-15538-03-5.
- DE MIGUEL P, BUENO G, GARAGORRI JM, MORENO LA. Interventions for treating obesity in children. En: Szajewska H, Shamir R, eds. *Evidence-Based research in Pediatric Nutrition*. Ed: Karger: Paris,2013.p. 98-106. ISBN 0084-2230.

## 69017 - Nutritional elements of endocrinological-metabolic diseases

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- DE MIGUEL-ETAYO P, BUENO G, GARAGORRI JM, MORENO LA. [Interventions for treating obesity in children](#). World Rev Nutr Diet. 2013; 108:98-106.
- HUYBRECHTS I, DE VRIENDT T, BREIDENASSEL C, ROGIERS J, VANAEELST B, VUENCA-GARCÍA M, MORENO LA, GONZÁLEZ-GROSS M, ROCCALDO R, KAFATOS A, CLAYS E, BUENO G, BEGHIN L, on behalf of the HELENA Study Group. Mechanisms of stress, energy homeostasis and insulin resistance in European adolescents- the HELENA study. Nutr Metab Cardiovasc Dis 2014; 8:1-8.
- MORENO LA, BEL-SERRAT S, SANTALIESTRA A, BUENO G. Dairy products, yogurt consumption and cardiometabolic risk in children and adolescents. Nutr rev 2014; 73S1:8-14.
- [MARTOS-MORENO GÁ, GIL-CAMPOS M, BUENO G, BAHILLO P, BERNAL S, FELIU A, LECHUGA-SANCHO AM, PALOMO E, RUIZ R, VELA A; Grupo de Trabajo de Obesidad de la Sociedad Española de Endocrinología Pediátrica \(SEEP\). Obesity associated metabolic impairment is evident at early ages: Spanish collaborative study](#). Nutr Hosp. 2014 Oct 1;30(4):787-93.
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- CORTÉS R, BUENO G. Alteraciones analíticas límite. AEPap ed. Curso de actualización en Pediatría. Lúa Ediciones:Madrid; 2015. P. 167-76,
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