

Wound Healing with Prader-Willi Syndrome—How Many Calories?

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I am often asked about situations where a person with PWS gains a lot of weight in the hospital because the dietician states that patient needs to be on a high protein diet to heal the wounds. A recent example is of a 47-yr-old woman (height 4 feet, 9 inches) with two leg ulcers who was put on 1,500 calories in the hospital in spite of the fact that her mom had her on 1,200 calories at home prior to admission.

I asked two doctors from our PWSA (USA) Clinical Advisory Board to comment. Their responses follow:

Response 1

Persons with PWS have healed deep decubiti while on a weight loss diet as low as 800 kcal per day and an exercise program. At no time should a person with PWS be permitted to gain weight while in the hospital for wound healing or any other reason.

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Response 2

For weight loss, I would limit calories to 800-900 per day. This is to include any calories provided from a protein supplement.

Novartis (1-800-333-3785) makes Resource Beneprotein Instant Protein Powder. One scoop provides 6 grams protein, 25 calories. The Dietitian can determine how much Beneprotein to recommend based on baseline Albumin and Prealbumin level.

Prealbumin should be followed at least once per week while inpatient to help adjust the Beneprotein additive. Please note, other medical circumstances such as kidney issues may negate the addition of Beneprotein to the diet. Your medical team will decide if a protein additive is appropriate.

Supplementation with vitamins A, C, and zinc may be helpful with wound healing of ulcers. The following supplementation regimen may be considered: vitamin C: 250 mg BID; vitamin A: 2500 units/day; zinc 220 mg/day; complete multivitamin daily. The above would be given by mouth for 10 days.

The dietitian should also be sure a calcium supplement is added to the regimen (especially if the calories are restricted) to ensure bone mineral deposition. The DRI/age for adults is 1,300 mg calcium/day.

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