

Dietary modification and its relation to anorexia in Egyptian school children suffering from uncomplicated hepatitis A virus

Esmail, Nagwa A. Makkawi, Afaf A. Ragab, Shadya H.

The Medical Journal of Cairo University

1996 v64 n2 suppl

Dietary modification and its relation to anorexia was studied in children with uncomplicated hepatitis A. Out of

60 cases with acute viral hepatitis collected from primary and preparatory schools, 34 cases proved to have acute hepatitis A with positive anti-HAV IgM. All of these patients were subjected to full medical history, clinical examination, liver function tests, dietary assessment and were followed up for four weeks. Anorexia was positive in all cases (100%). A significant negative correlation between the duration of anorexia in days and

certain foods, mainly honey, molasses and milk especially if these foods had been taken in the first week was found. These food items beside uncooked vegetables were found to be significantly correlated to the serum level of

GPT. They may be helpful in improving liver function and lowering the serum level of GPT. It was found that all patients were taking a hypocaloric and unbalanced diet.