

TASTE CHANGES IN CHRONIC KIDNEY DISEASE

Kidney Supportive Care Master Class

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An 83 y.o. woman

Kidney failure on a conservative pathway.

Main symptom is anorexia

“I have lost my sense of taste...everything tastes bland.”

Humbled by our patients.

A journey of understanding

What is the prevalence of taste changes ?

Dawson J et al

Prevalence of Taste Changes and Association with other nutrition-related symptoms in end stage kidney disease patients.

J Renal Nutrition 2021;31(1):80-84.

- 298 patients
- 38 % reported taste changes
- Predominantly loss of taste /bland taste

Taste change was significantly associated with upper GIT symptoms and malnutrition.

Normal physiology of taste

Pathophysiology of taste changes in CKD

Evidence for management strategies

The Pathophysiology and Management of Taste Changes in CKD : A Review

Brennan F et al. *J Renal Nutrition* 2020;30(95):368-379.

Normal physiology of taste

Pathophysiology of taste changes in CKD

Management

Limited evidence -

Zinc

Na Bicarbonate mouth washes

Over time we observed :

Patients and families spontaneously gravitating away from certain foods and towards others with benefit.

Combining:

The pathophysiology of taste changes in
CKD

plus

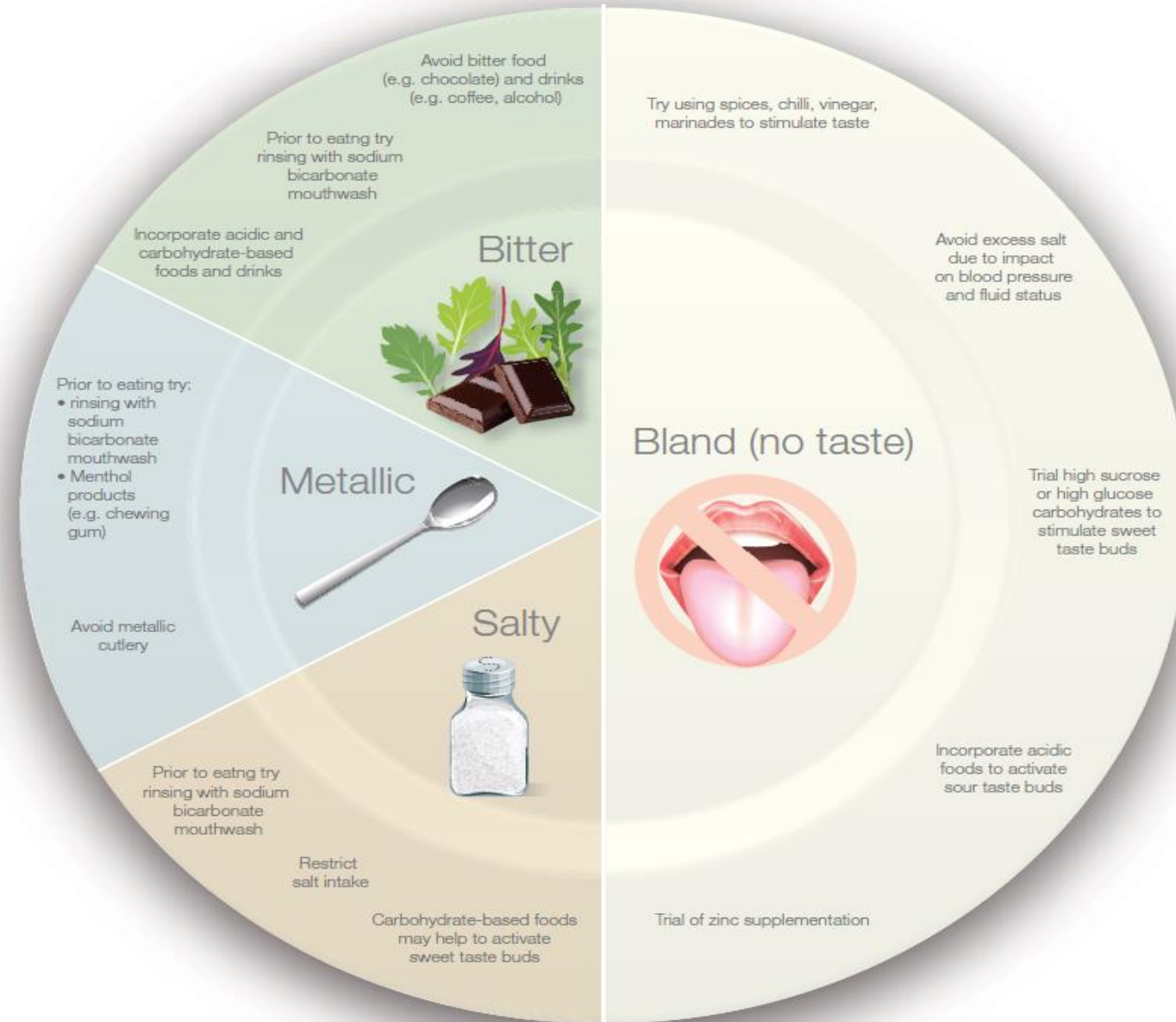
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gravitating away from certain foods and
towards others with benefit.

A Novel Clinical Tool for the Management of Taste Changes in
Patients with CKD:
The CKD Taste Plate

J Ren Nut 2022;34(4):483-488

Brennan F, Dawson J, Brown MA.

CKD Taste Plate



Hypothesis

- Given the close association of taste changes with upper GIT symptoms and
- The emerging understanding of the basic mechanisms of taste changes in CKD, it may be that basic dietary interventions may not only improve taste perception but also upper GIT symptoms.

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