

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;3095):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

Patients and families spontaneously 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**

Avoid bitter food (e.g. chocolate) and drinks (e.g. coffee, alcohol)

Prior to eating try rinsing with sodium bicarbonate mouthwash

Incorporate acidic and carbohydrate-based foods and drinks



Prior to eating try:

- rinsing with sodium bicarbonate mouthwash
- Menthol products (e.g. chewing gum)



Avoid metallic cutlery



Salty

Prior to eating try rinsing with sodium bicarbonate mouthwash

Restrict salt intake

Carbohydrate-based foods may help to activate sweet taste buds Try using spices, chilli, vinegar, marinades to stimulate taste

> Avoid excess salt due to impact on blood pressure and fluid status

#### Bland (no taste)



Trial high sucrose or high glucose carbohydrates to stimulate sweet taste buds

Incorporate acidic foods to activate sour taste buds

Trial of zinc supplementation

## **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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