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# The importance of the nutritionist in the multidisciplinary team in the treatment and rehabilitation of the Huntington carriers

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### ABSTRACT

**Introduction:** Huntington's disease (DH) is characterized by being triggered by genetic alterations in chromosome 4, being hereditary and autosomal dominant, having as characteristic involuntary movements, intellectual deterioration, change in behavior, difficulty in feeding due to dysphagia, and psychiatric disorders, these are caused by the progressive death of neurological cells. This disease presents difficulties in the nutrition process, causing weight loss and worsening of health, with the development of pneumonia due to bronchoaspiration, resulting from diversions of liquids and other foods to the lungs and frequent suffocations. The role of the dietitian is to help the sufferer achieve the recommended daily intake of vitamins and minerals by providing the necessary dietary planning for DH patients with a view to the rehabilitation of body weight through the adequate intake of all nutrients, which may improve the spasms, the state of attention and interest of the patient, using auxiliary way nutritional supplements. **Objective:** To demonstrate the importance of the nutritionist and its functions in the multidisciplinary team responsible for monitoring, rehabilitation and quality of life control of patients with Huntington's disease. **Methodology:** Qualitative research, through a bibliographic review subsidized in databases such as: Scielo, ABH (Associação Huntington Brasil), scientific journals, case studies and Bireme. **Results and Discussion:** The study evidenced the need to integrate the nutritionist professional to the multidisciplinary team in Huntington's disease, seeking to improve the nutritional status of the patient, improving and increasing their energy intake, offering a hyperproteic and hypercaloric diet, using nutritional supplementation, food thickeners will facilitate swallowing and prevent bronchoaspirations. **Conclusion:** This research had its foundations based on the importance of the integration of the nutritionist in the multidisciplinary team for an assisted nutrient supply, and that the data presented here are of great relevance to the scientific community and subsidize future academic work.

**Keywords:** Huntington's disease; Diet therapy; Supplementation

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