| Record Nr. | UNINA9910825957503321 |
|-------------------------|--|
| Titolo | Military strategies for sustainment of nutrition and immune function in the field |
| Pubbl/distr/stampa | Washington, DC, : National Academy Press, c1999 |
| ISBN | 0-309-17318-3 1-280-18605-4 9786610186051 0-309-55696-1 0-585-05541-6 |
| Edizione | [1st ed.] |
| Descrizione fisica | 1 online resource (722 p.) |
| Disciplina Soggetti | 612.3/088/355 Nutrition Immune system |
| | Soldiers - United States - Nutrition |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Bibliographic Level Mode of Issuance: Monograph |
| Nota di bibliografia | "Nutrition and Immunue Function: A selected bibliography"p. 581- 656. Includes bibliographical references and index. |
| Nota di contenuto | Military Strategies for Sustainment of Nutrition and Immune Function in the Field Copyright PREFACE HISTORY OF THE COMMITTEE COMMITTEE TASKS AND PROCEDURES ORGANIZATION OF THE REPORT ACKNOWLEDGMENTS Contents EXECUTIVE SUMMARY COMMITTEE'S TASK OVERVIEW OF NUTRITIONAL STATUS AND IMMUNE FUNCTION Background FINDINGS AND CONCLUSIONS Nutritional Status Nutritional Supplements RECOMMENDATIONS Optimizing General Health Status Optimizing Nutritional Status Nutritional Supplement Use Research Methodology RECOMMENDATIONS FOR FUTURE RESEARCH REFERENCES I COMMITTEE SUMMARY, RESPONSES TO QUESTIONS, CONCLUSIONS, AND RECOMMENDATIONS 1 A Review of the Role of Nutrition in Immune Function THE COMMITTEE'S TASK STAGE SETTING: THE MILITARY SITUATION The Army's Interest in Nutrition and Immune Function U.S. Army Training Courses Norwegian Ranger Training |

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-- INTRODUCTION TO IMMUNE FUNCTION -- Current State of Knowledge of the Field -- Emerging Infections, Nutritional Status, and Immunity -- The Cytokine System -- ASSESSMENT OF IMMUNE FUNCTION -- Assessment Techniques -- Considerations in Study Design -- NUTRITION -- Nutrients with Roles Implicated in Immune Function -- Protein and Amino Acids -- Vitamins -- Fatty Acids --Amount of Fatty Acid Intake -- Amount of n-6 PUFA -- Amount of n-3 PUFA -- Minerals -- Iron -- Zinc -- Copper -- Selenium -- Other Factors -- Alcohol -- HEALTH AND STRESS -- Exercise, Infection, and Immunity -- Hormonal Responses to Stress -- The Stress Response Model -- Neuroendocrine Consequences of Systemic Inflammation --Hypothalamic-Pituitary-Adrenal System -- Hypothalamic-Pituitary-Thyroid System -- Pituitary-Gonadal System -- Growth Hormone --Inflammatory Stress and the Immune System -- Biologic Rhythms in the Immune System and Nutrition. Biologic Rhythms in the Number and Function of White Blood Cells --Biologic Rhythms in Cytokines and Their Inhibitors -- Biologic Rhythmicity of the Humoral Immune Response -- Potential Clinical Relevance of Biologic Rhythms in Immune Function -- Factors That Interact with Circadian Rhythms in Immune Function --Chronopharmacology and Chronotherapeutics -- Effects of Other Stressors on Immune Function -- Extremes of Temperature --Exposure to High Altitude -- Sleep Deprivation -- Emotional Stress --Smoking and Environmental Pollutants -- Effects of Combined Stressors -- SUMMARY -- References -- 2 Committee Responses to Questions -- RESPONSES TO QUESTIONS POSED BY THE ARMY --Technical Issues -- Methodologic Issues -- References -- 3 Committee Conclusions and Recommendations -- CONCLUSIONS -- General Health Status -- Nutritional Status -- Nutritional Supplements --**RECOMMENDATIONS -- Optimizing General Health Status --**Optimizing Nutritional Status -- Nutritional Supplement Use --Research Methodology -- RECOMMENDATIONS FOR FUTURE RESEARCH -- References -- II STAGE SETTING: THE MILITARY SITUATION -- 4 Why Is the Army Interested in Nutrition and Immune Function? --**INTRODUCTION -- BACKGROUND -- IMMUNE SUPPRESSION AND** INFLAMMATORY RESPONSES TO OPERATIONAL STRESSORS -- MILITARY MODELS TO STUDY OPERATIONAL STRESSORS -- MECHANISMS OF INCREASED INFECTION SUSCEPTIBILITY: ARMY-USDA COOPERATIVE **RESEARCH DATA -- SPECIFIC NUTRITIONAL FIXES AND THE PROMISE OF** IMMUNE SUSTAINMENT AND POTENTIAL SUPERIMMUNITY -- DIETARY SUPPLEMENTS: ARMY RESEARCHERS AS THE HONEST BROKERS --AUTHOR'S CONCLUSIONS -- References -- DISCUSSION -- 5 Physiological and Immunological Impact of U.S. Army Special Operations Training -- INTRODUCTION -- RESEARCH OBJECTIVES --**RESULTS -- Studies Involving Ranger Training -- Studies Involving** Special Forces Assessment and Selection Training. AUTHOR'S CONCLUSIONS AND RECOMMENDATIONS -- References --DISCUSSION -- 6 Immune Function Studies During the Ranger Training Course of the Norwegian Military Academy -- INTRODUCTION -- The Ranger Training Course of the Norwegian Military Academy -- IMMUNE CHANGES DURING NORWEGIAN RANGER TRAINING -- Changes in Parameters of Immune Function -- Leukocyte Numbers -- Plasma Levels of Immunoglobulins -- Interleukins -- Lymphocyte Mitogenic Response -- Changes in Phagocyte Function -- Granulocyte Functions -- Monocytes -- Effect of Reducing the Calorie Deficiency --Neuropeptide Effect During Norwegian Ranger Training -- Vasoactive Intestinal Peptide -- Catecholamines -- Adrenoglucocorticoid Regulation of Phagocyte Function in Animal Studies -- AUTHOR'S

SUMMARY AND RECOMMENDATIONS -- References -- DISCUSSION --**III INTRODUCTION TO IMMUNE FUNCTION -- 7 Nutrition and Immune** Responses: What Do We Know? -- INTRODUCTION -- GENERAL **CONCEPTS -- IMMUNE RESPONSES IN ALTERED NUTRITIONAL STATUS** -- Nutrient Deficiencies -- Nutrient Excesses -- OTHER FACTORS INFLUENCING IMMUNE RESPONSES -- NUTRITIONAL SUPPLEMENTS FOR BOOSTING IMMUNITY -- CONCLUDING REMARKS -- References --**DISCUSSION -- 8 Cytokines and Nutritional Status: Possible** Correlations and Investigations -- INTRODUCTION -- What Are the Cytokines? -- The Nature of the Cytokines -- Biochemistry -- Mode of Action -- Principles of Cytokine Action -- Cytokine Experimentation --Classification of the Cytokines -- Inflammatory Cytokines -- T- and B-Lymphocyte Growth Factors -- Hematopoietic Growth and Differentiation Factors -- Chemotactic Agents -- Inhibitory/Regulatory Factors -- Cytotoxic/Cytostatic Inducers and Effectors -- Other Growth Factors -- Measurement of Cytokines -- Sample Types and Preparation -- Clinical Use of Cytokines -- Cytokines and Nutrition: Author's Observations and Recommendations -- References. DISCUSSION -- IV ASSESSMENT -- 9 Methodological Issues in Assessment of Human Immune Function -- INTRODUCTION --RATIONALE FOR IMMUNE ASSESSMENT -- THE IMMUNE SYSTEM --SELECTION AND DEVELOPMENT OF THE TEST SYSTEM -- In Vivo Assessment of Immune Response -- In Vitro Assessment of Immune Response -- Proliferative Response -- Development of Effector Cell Response -- Assessment of Cell Types by Flow Cytometry -- AUTHOR'S CONCLUSIONS -- References -- DISCUSSION -- 10 Application of Whole-Blood Cultures to Field Study Measurements of Cellular Immune Function In Vitro -- BACKGROUND -- METHODS AND RESULTS -- Blood Donors -- Blood Collection -- Lymphocyte Proliferation in Whole-Blood Cultures -- Amount of Blood per Culture -- Duration of Incubation of Whole-Blood Cultures -- Duration of 3H-Thymidine Label of Whole-Blood Cultures -- Finalized Durations of Cell Culture and 3H-Thymidine Labeling -- Data Presentation of Lymphocyte Proliferation in Whole-Blood Cultures -- Effects of Holding and Shipping Blood on Whole-Blood Lymphocyte Proliferation -- Cytokine Production and Receptor Release In Vitro -- Concentration of Stimulant per Culture --AUTHOR'S CONCLUSION -- References -- DISCUSSION -- V NUTRITION -- 11 Glutamine -- INTRODUCTION -- PHYSIOLOGIC BIOCHEMISTRY --**GLUTAMINE AND IMMUNE FUNCTION -- GLUTAMINE AND THE** GASTROINTESTINAL TRACT -- AUTHOR'S DISCUSSION AND CONCLUSIONS -- References -- DISCUSSION -- 12 Vitamin A and Immune Function -- INTRODUCTION -- CLINICAL MANIFESTATIONS OF VITAMIN A DEFICIENCY -- EPIDEMIOLOGY OF VITAMIN A DEFICIENCY --VITAMIN A DEFICIENCY IN ADULTS -- VITAMIN A DEFICIENCY AS AN **IMMUNODEFICIENCY DISORDER -- CONSIDERATIONS FOR ADULT MEN** AND WOMEN -- AUTHOR'S CONCLUSIONS -- References --DISCUSSION -- 13 Vitamin E, Vitamin C, and Immune Response: Recent Advances -- INTRODUCTION -- AGING -- Vitamin E -- Vitamin C --CANCER -- AIDS. ASTHMA AND LUNG FUNCTION -- EXERCISE -- AUTHORS' CONCLUSIONS -- ACKNOWLEDGMENTS -- References -- DISCUSSION -- 14 Fatty Acids and Immune Functions -- INTRODUCTION --AMOUNT OF FAT INTAKE AND HUMAN IMMUNE RESPONSE -- N-6 PUFA AND HUMAN IR -- N-3 PUFA AND HUMAN IMMUNE RESPONSE --CLINICAL TRIALS WITH N-3 PUFA -- MECHANISMS BY WHICH DIETARY FAT ALTERS IMMUNE RESPONSE -- AUTHOR'S CONCLUSIONS AND **RECOMMENDATIONS -- References -- DISCUSSION -- 15 Iron** Metabolism, Microbial Virulence, and Host Defenses -- INTRODUCTION

-- IRON METABOLISM -- IRON ACQUISITION BY MICROBES -- EFFECTS OF IRON DEFICIENCY ON IMMUNE FUNCTION -- EFFECTS OF IRON EXCESS ON IMMUNE FUNCTION -- CLINICAL DATA IN IRON DEFICIENCY AND IRON EXCESS -- IMPLICATIONS OF IRON DEFICIENCY FOR THE MILITARY -- References -- DISCUSSION -- 16 Trace Minerals, Immune Function, and Viral Evolution -- INTRODUCTION -- ZINC -- COPPER --Cu-Zn Interactions -- SELENIUM -- AUTHOR'S SUMMARY AND CONCLUSIONS -- References -- DISCUSSION -- VI HEALTH AND STRESS -- 17 Exercise, Infection, and Immunity: Practical Applications --**INTRODUCTION -- EXERCISE PRESCRIPTION AND THE IMMUNE RESPONSE TO ACUTE EXERCISE BOUTS -- Mechanisms Behind the Acute** Immune Response to Exercise -- Practical Applications for Exercise Prescription -- CHRONIC EXERCISE AND IMMUNITY -- NK Cell Activity -- Cross-Sectional Studies -- Prospective Studies -- Neutrophil Function -- T-Cell Function -- Other Measures of Immunity -- Practical Applications for Exercise Prescription -- EXERCISE AND UPPER **RESPIRATORY TRACT INFECTIONS -- The J Curve -- Heavy Exertion and** Risk of URTI -- Moderate Exercise and Risk of URTI -- Public Health **Recommendations -- INFECTION AND EXERCISE PERFORMANCE --**Exercise Recommendations During Infection -- EXERCISE AND HIV **INFECTION -- Practical Recommendations -- EXERCISE, AGING, AND** IMMUNITY.

PRACTICAL GUIDELINES FOR MILITARY RECRUITS AND ATHLETES.