

## BOOK REVIEW

### **Feeding the Preterm Infant: A Practical Handbook**

**Fook-Choe Cheah *et al.*** (2017), Partridge Publishing, Singapore  
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The art and science of feeding the premature infant have undergone tremendous changes in the last few decades. Other than providing adequate nutrition for optimal growth, protecting and preserving the vital organs are major issues in the care of the infant at risk. It is timely that this practical handbook is written to guide general paediatricians, neonatal and paediatric trainees, neonatal nurses, dietetic students and other neonatal personnel who are involved in the care of these premature infants.

The editor and main author is Prof Fook-Choe Cheah who is a very prominent paediatrician in Malaysia. He has been in the neonatal unit, University Kebangsaan Malaysia Medical Centre, Kuala Lumpur, for many years. There are four co-authors from Australia and Singapore, who are equally prominent.

This book covers a number of vital areas in nutritional support for the premature infant. These include parenteral nutrition, early enteral nutrition, strategies towards successful breastfeeding, monitoring and optimizing growth, feeding those with IUGR, post discharge feeding, probiotics and prebiotics and various cultural beliefs and practices in this part of the world. There is one whole chapter devoted for case illustrations which serve as typical scenario in day to day practice in the neonatal care units.

Each chapter begins with a brief summary of what is known about the topic and what important new information is added in the respective chapter. It helps to understand the physiology of growing premature infants, and also put into practice various strategies of ensuring excellent nutrition to these infants. The book is written in a very readable simple English. It is a crystallization of many years of experience in the field of nutrition among premature infants. There are many practical tips in every chapter ranging from parenteral nutrition to breast feeding.

Breast milk is the best for all the new-borns. Among the premature infants, early enteral feeding is recommended. Breast milk remains the choice starter feed for better tolerance and a lower risk of necrotising enterocolitis. With regard to breast feeding, not much is known but evidence suggests that the rates may be influenced by social and economic factors. It is interesting to note that in this region, cultural beliefs may influence the process of breastfeeding the preterm infant.

I would strongly recommend this book for all paediatricians, nutritionists, neonatologists and NICU nurses and pharmacists. It is particularly useful to paediatric and neonatal trainees who are embarking on taking care of premature infants.

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