



**Speaker: Paul De Smet**

Thursday June 4th 2015



# Stress Support: the nutritional answer to stress, infection and disease

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Stress Support: the nutritional answer to stress, infection and disease

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# Introduction



Objective of feeding animals = to provide the animals with sufficient nutrients for:

○ Maintenance

○ Production

○ Activity

○ Stress resistance and immunity



Requirements  
are well  
known



Requirements:  
**Black  
Box**

# Feed consumption



	FC	Feed consumption
○ SPF farms	2.2 - 2.4	207 kg
○ High health farms	2.4 - 2.6	225 kg
○ Normal farms	2.8 - 3.0	261 kg
○ Stressed farms	3.0 - 3.2	279 kg



**Cost of immunity = 72 kg**



**Total maintenance requirement of a normal pig during its lifetime**

# Different kinds of stress



- Environment and hygiene
- Climate and air quality
- Weaning
- Transportation
- Crowding
- Infection and inflammation



# Body response to stress



Stress → Brain: Hypothalamus

↓  
Hypophysis

↓  
Adrenal glands

↓  
Cortisol  
and other  
corticosteroids

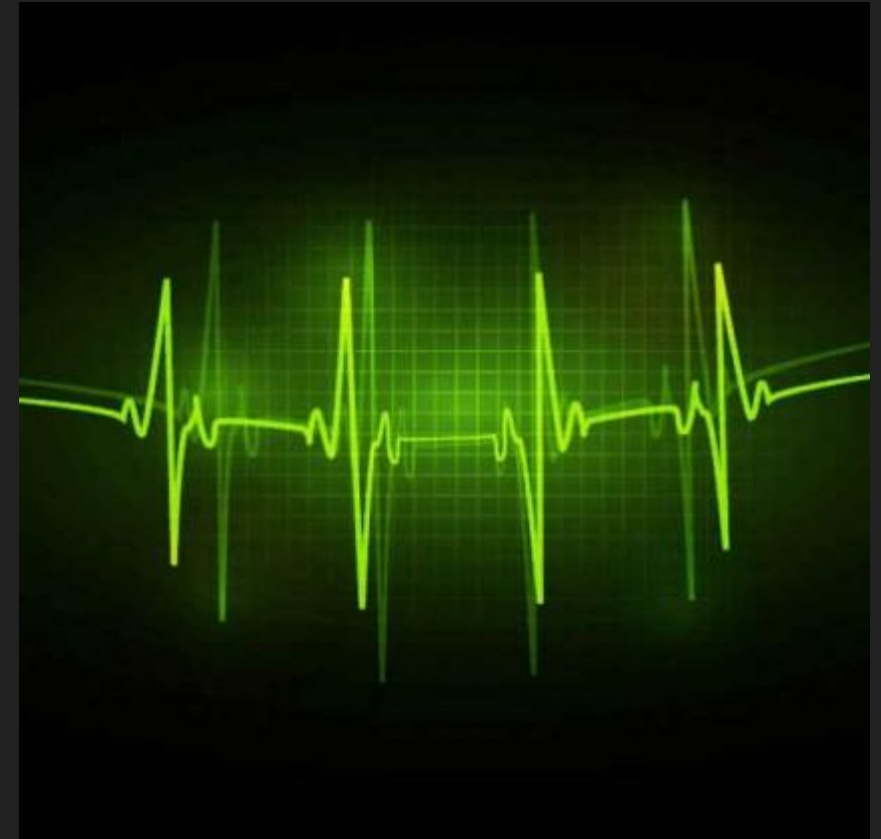
↘  
Adrenaline



# Secondary body response to stress



- Heart rate increased
- Breathing increased
- Fats and glucose released for energy
- Immune system suppressed





# Body response to intruders



- First line defence:

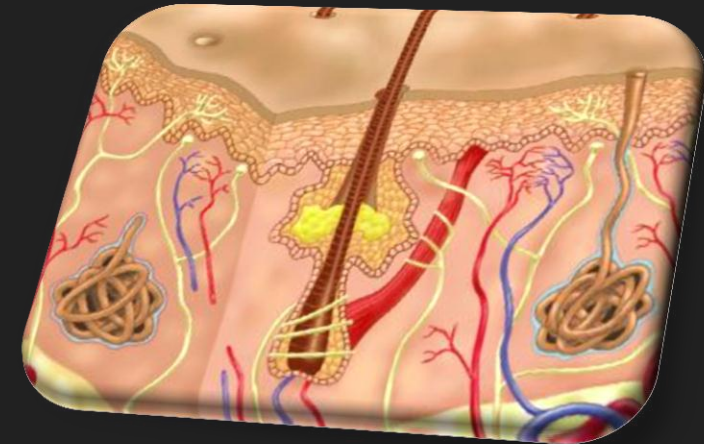
- Skin

- MUCUS

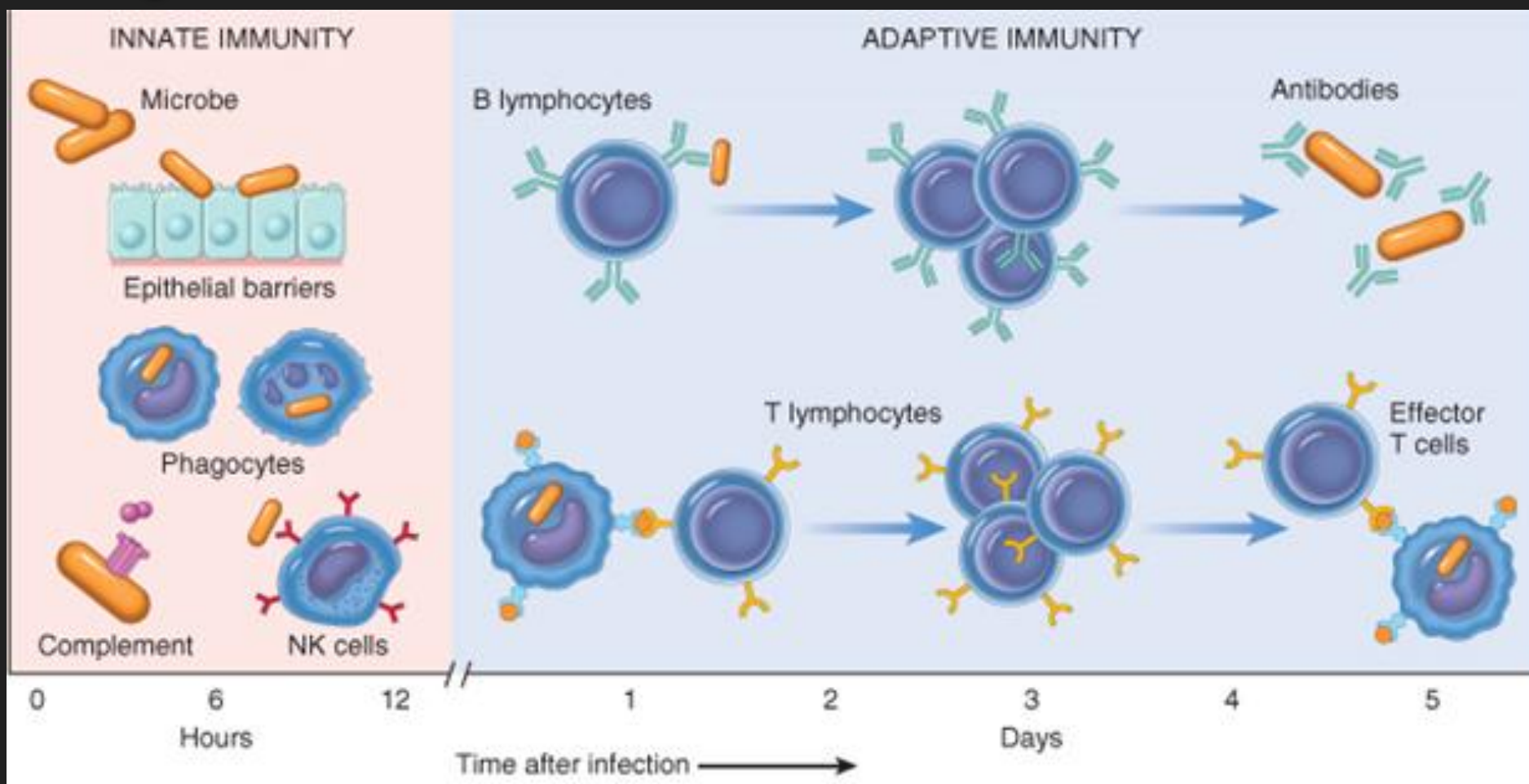
- Immunity System

- Innate immune system = non specific

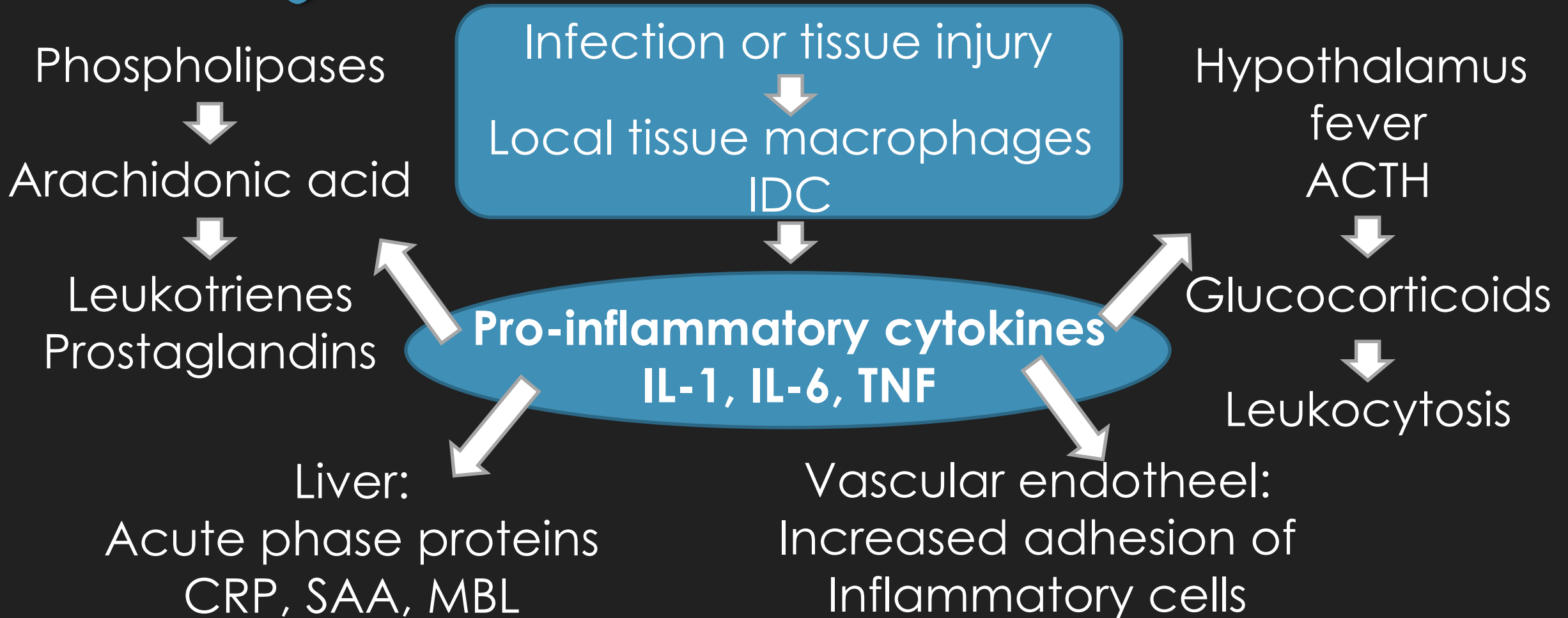
- Specific immune system = acquired



# Innate & adaptive immunity



# The acute phase response



# The nutritional answer to stress & disease



- Immunomodulation to modify the different pathways in immune response
- Anti-oxidants to limit the damage provoked by inflammation process
- Nutrient requirements are modified and specific nutrients are required

# Modulation of inflammation:



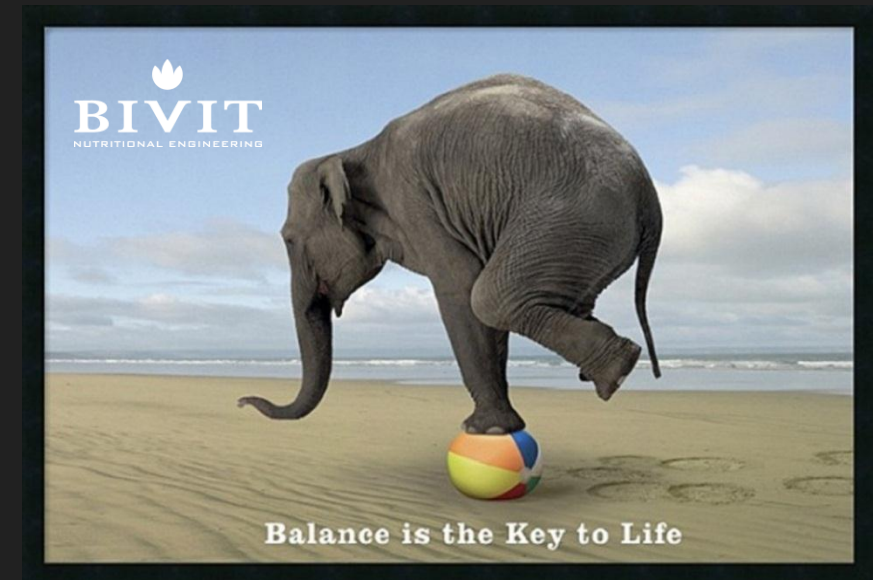
## Th1 versus Th2 response

- Pathogen-recognition receptors (PRR, TLR) induce inflammatory (Th1) and anti-inflammatory (Th2) response
- $\omega 3/\omega 6$  ratio in feed: anti-inflammatory (Th2)
- Vitamin A & D: anti-inflammatory (Th2)
- Lysine & carnitine

# Conclusion



**Nutrition is modulating the Th1-Th2-Th17-Treg balance by communicating with the innate immune system and can direct immunity to inflammatory or less inflammatory responses**



# The nutritional answer to stress & disease

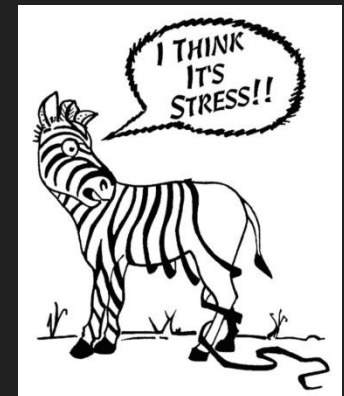
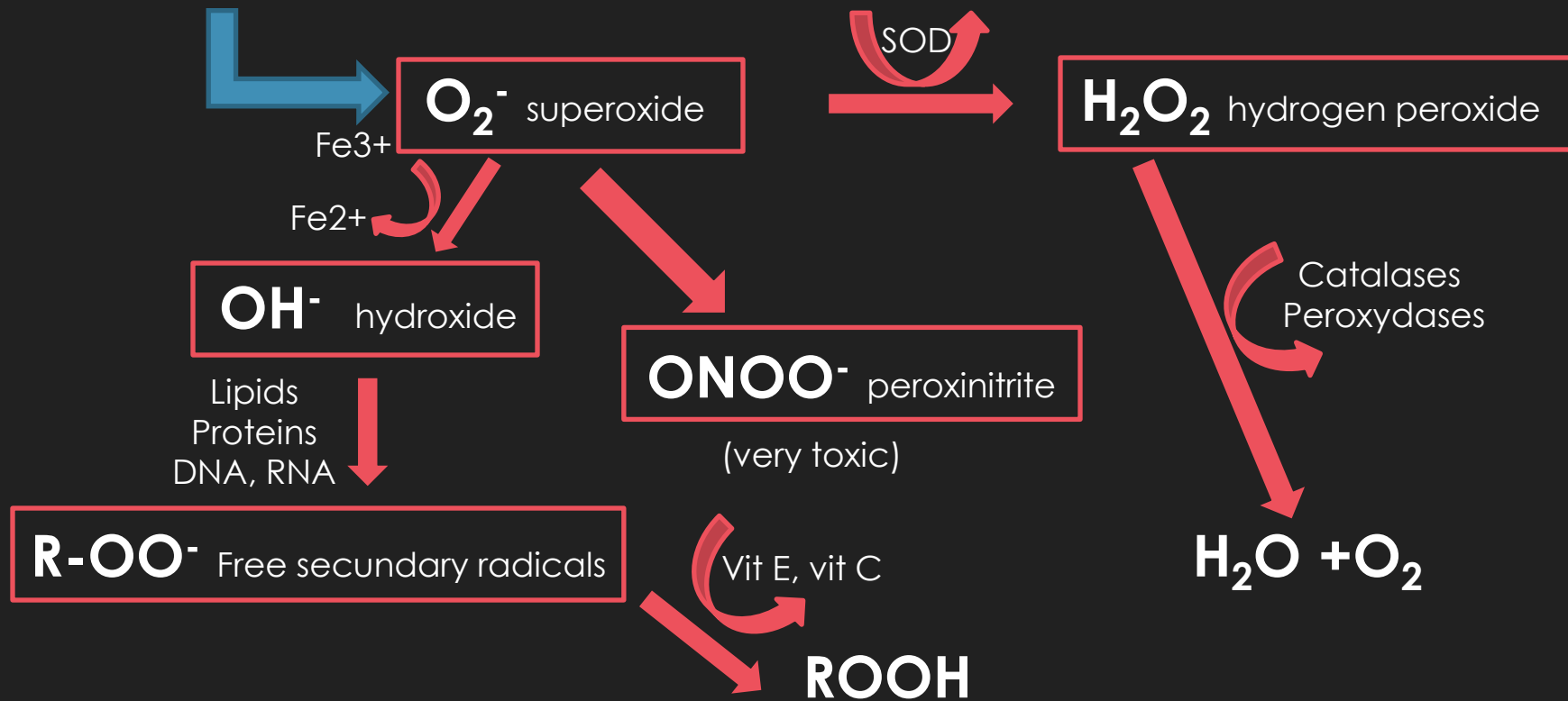


- Immunomodulation to modify the different pathways in immune response
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# Oxidative Stress

Stressful conditions (inflammation, chemicals, carcinogens, radiation, air pollution, ...)

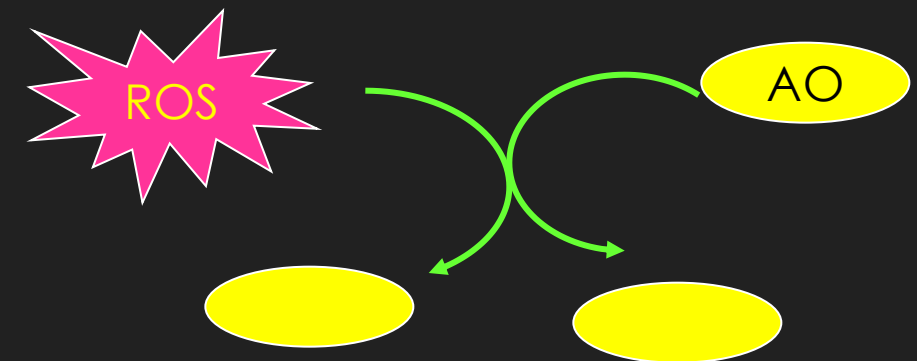






# Oxidant & Antioxidant

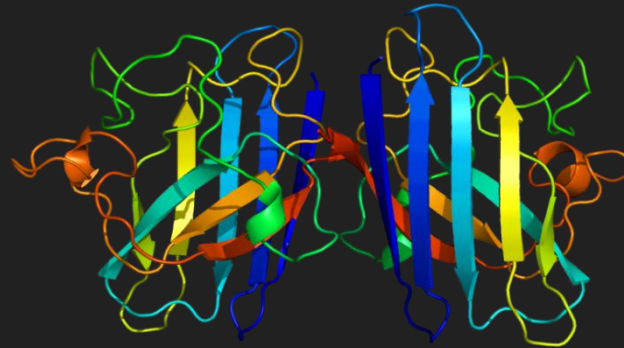
- Oxidant = compound that is able to oxidise other molecules (lipids, proteins, DNA)
  - Oxidation = removal H or electron, or addition of O
  - Free radicals (unstable), e.g.  $\text{HO}^\circ$ ,  $\text{NO}^\circ$ ,  $\text{O}_2^{\circ-}$
  - Very reactive, not radical molecules, bv.  $\text{H}_2\text{O}_2$ ,  $\text{HOCl}$ ,  $\text{ONOO}^-$
- Antioxidant = compound that is able to inactivate an oxidant without itself becoming reactive



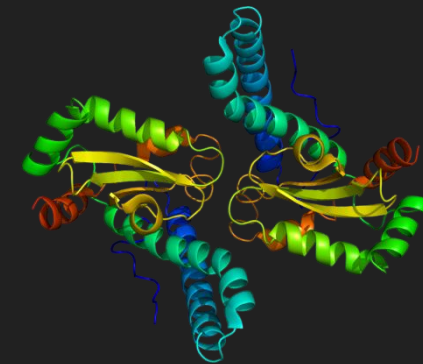
# SOD and trace elements



- SOD1 : cytoplasm  
→ Cu/Zn components of SOD1



- SOD2 : mitochondria  
→ Mn component of SOD2



- SOD3 : extracellular  
→ Cu/Zn components of SOD3

# Selenium and glutathione peroxidase



- Selenium : component of glutathione peroxidase
- Traditionally Sodium Selenite ( $\text{Na}_2\text{Se}_3$ )
  - ↳ pro-oxidant → Toxic!
- Organic Selenium :
  - Better absorbed
  - Much lower toxicity
  - More efficient

33	Selenium	34
S	<b>Se</b>	Bro
22	78.96	3
2.0	2.4	<b>B</b>
		79.9

# Vitamin C and Vitamin E

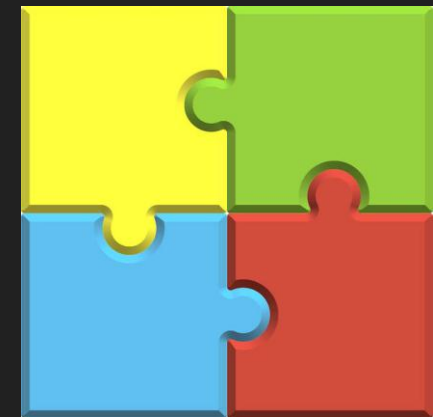


## ○ Vitamin C

- Water soluble
- Active in cell cytoplasm and body fluids

## ○ Vitamin E

- Fat soluble
- Protects cell membranes, mitochondria and lipids



***Synergism between Vitamin C, Vitamin E, Selenium and glutathione***

# The nutritional answer to stress & disease



- Immunomodulation to modify the different pathways in immune response
- Anti-oxidants to limit the damage provoked by inflammation process
- Nutrient requirements are modified and specific nutrients are required

# Effect of stress on amino acid requirement?



**Protein requirement**

**Maintenance**

**Body protein**

**Foetuses**

**Milk**

**Stress and disease??**

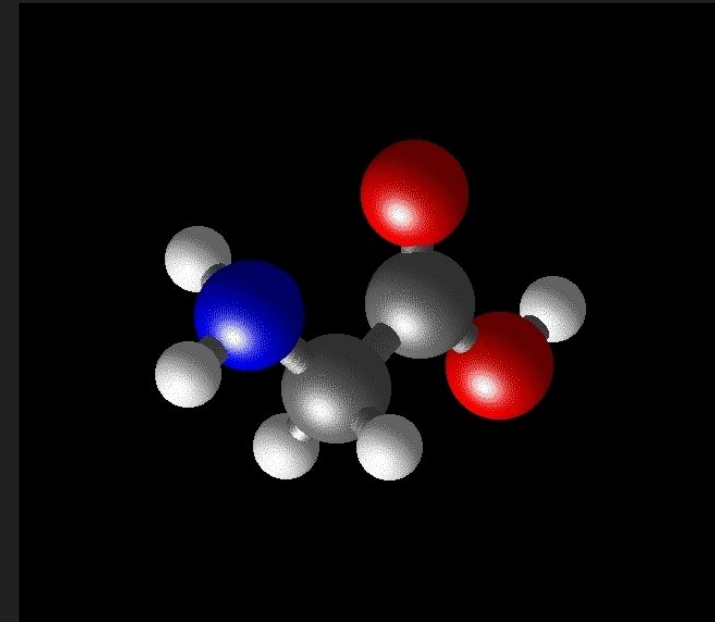
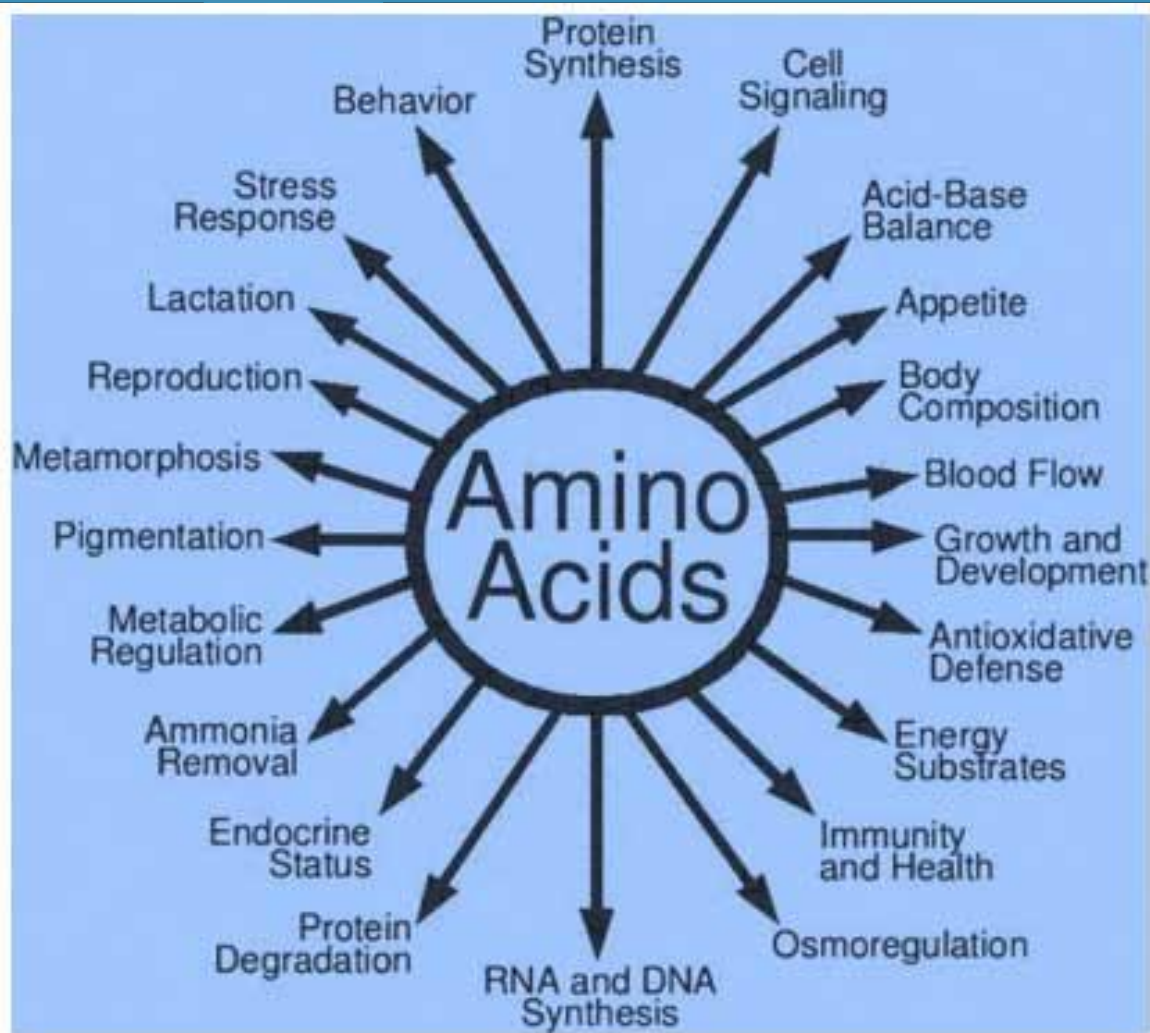


# Relative AA Requirement



	Maintenance		Protein Deposition	
	Mg/kg MW	% LYS	g/16g N	% LYS
LYS	36	100	7.0	100
MET	9	25	1.8	26
M+C	49	136	3.4	49
THR	53	147	4.0	57
TRP	11	31	1.0	14
ILE	16	44	4.3	61
LEU	29	80	7.0	100
VAL	25	69	4.7	67

# Functions of Amino Acids





# Shift to other amino acids in stress situations?



ESSENTIAL	SEMI-ESSENTIAL	NON-ESSENTIAL
Lysine		Glycine
Threonine		Glutamine
Methionine	Cysteine	Asparagine
Tryptophan		Alanine
Valine		Serine
Isoleucine		Proline
Leucine		Serine
Phenylalanine	Tyrosine	Arginine
Histidine		

# Shift to other amino acids in stress situations



- traditionally classified NEAA (glutamine, arginine) :
  - regulating gene expression
  - cell signalling
  - antioxidative responses
  - immunity
- EAA (leucin, tryptophan) : modulate neurological and immunological functions
- Other EAA (methionine, threonine) are building blocks of specific proteins involved in immunity

**new concept of functional AA** defined as those AA that regulate key metabolic pathways to improve health, survival, growth, development, lactation, and reproduction of organisms.



I AM SO HAPPY