The Short Bowel Diet

Carol Ireton-Jones, PhD, RDN, CNSC, FASPEN
Nutrition Therapy Specialist
Carol S. Ireton-Jones, PhD, RDN, LD, CNSC, FAND, FASPEN Dr. Carol Ireton-Jones received her PhD and Master’s degree in Nutrition from Texas Woman’s University. Her undergraduate degree in Nutrition and Dietetics came from Texas Tech University where she also received her clinical training. She developed The Ireton-Jones equations for estimating energy requirements in hospitalized patients and these are widely used nationally and internationally. She was recently presented the Distinguished Nutrition Support Dietitian Services Award from ASPEN in January 2018. Dr. Ireton-Jones is in private practice currently managing patients with GI disorders including IBS, gastroparesis and IBD, as well as home parenteral and enteral nutrition patients. She is a consultant/speaker and has lectured extensively nationally and internationally on a variety of nutrition topics. She has authored 4 books and numerous book chapters and peer reviewed papers and received many honors and awards. Balancing both evidence-based nutrition with sensible and practical applications is her strong point!

Maria Karimbakas, RD, CNSC
Clinical Dietitian
Optum Infusion Pharmacy
Maria Karimbakas is a registered dietitian and board certified in nutrition support, who received her Bachelor of Science from the University of Vermont and completed her dietetic internship at Brigham and Women’s Hospital, Boston. She has been providing clinical care and education to short bowel consumers for over 20 years and worked at the Nutritional Restart Center, the first intestinal rehabilitation program. Maria has co-authored several abstracts, papers, and book chapters on the subject of diet and SBS and is the co-author of ThriveRx’s Maximize Health program, now Optum Intestinal Rehab.

Laura Matarese, PhD, RDN, LDN, FADA, FASPEN, FAND
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Dr. Laura Matarese is Professor of Medicine and Surgery at The Brody School of Medicine at East Carolina University in Greenville, North Carolina. She is the author of over 300 publications including books, chapters, manuscripts, abstracts and videos and currently serves on the editorial boards of several journals. She has lectured extensively, both nationally and internationally and has held numerous positions within the American Society for Parenteral and Enteral Nutrition, the Academy of Nutrition and Dietetics and the Commission on Dietetic Registration. Prior to matriculation to ECU she was at The Starzl Transplant Institute at the University of Pittsburgh and The Cleveland Clinic.