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Experience: Nutrition and Nutritional Support

I had my first experience with total parenteral nutritional (TPN; then termed hyperalimentation) while working with Dr. Stan Dudrick and his disciples at the Hospital of the University of Pennsylvania from 1968-1971. When I came to Los Angeles and Wadsworth VA Hospital, I set up one of the first nutritional support teams in the country in the early 70s. At that time I termed it "catastrophe avoidance service" because of problems people were having with TPN. In about 1975, with Dr. Joel Kopple, we obtained a feasibility grant from the VA Central Office to set up an early nutritional support team.

In 1975-76, I was the lead author (Dr. Joel Kopple was the senior author) on a very extensive review of parenteral nutrition that was published in Kleeman and Maxwell's textbook, 2nd edition, 1977. As the junior author, I did most of the research and extensive review of several hundred articles on the subject. In the 1970s, I taught nutrition to UCLA medical students, lectured at the UCLA graduate nutrition program and taught medical students and house staff at the VA Wadsworth and other physicians in private practice. I was one of the early members of the American Society of Parenteral and Enteral Nutrition (ASPEN). With Dr. Kopple, I set up and lectured at several local ASPEN meetings.

Throughout my academic career, I did extensive research and published in the areas of nutrition and nutrition support and TPN. (See my Bibliography.) I qualified for and passed my boards in Clinical Nutrition in 1981 and was elected as a Fellow of the American College of Nutrition (FACN) a few years later.

I have been an active member of the Nutritional Support Team at Cedar Sinai Medical Center since 1991 and in the mid-90s I became certified as a Clinical Support Physician (CCNP) under the auspices of ASPEN. Throughout my career, I have lectured on enteral nutrition and total parenteral nutrition and nutritional support at numerous meetings locally, nationally and internationally. I have been a consultant for various pharmaceutical companies in so far as their nutritional products. I have continued to teach dieticians, medical students, house staff and physicians.