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Disease-related malnutrition and nutritional assessment in clinical practice

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ABOUT THE AUTHOR

Lies ter Beek (1974) was born in Nijmegen, where she finished secondary pre-university education at the Stedelijk Gymnasium in 1994. From 1994 to 1995 she worked as a volunteer in kibbutz Nahshon, Israël.

She studied Nutrition & Dietetics at the Amsterdam University of Applied Sciences from 1996 to 2000. Between 2000 and 2003 she worked as a nutrition assistant at the Academic Hospital Groningen (AZG) and as a dietitian at home care facilities in Drachten and Leeuwarden. In 2003 she started to work at Eurocat, Research Group Congenital Anomalies within the department of Genetics at the University of Groningen. In 2012, she switched to the Tuberculosis Center Beatrixoord, division of the department of Pulmonary Diseases & Tuberculosis of the University Medical Center Groningen (UMCG).



From 2013 to 2018, she performed her PhD research within the Research Group Healthy Ageing, Allied Health Care and Nursing of the Hanze University of Applied Sciences in Groningen and the UMCG, in collaboration with colleagues from institutes in Canada, Norway, Belgium, Sweden and the United States. She is currently working as a dietitian at the Tuberculosis Center Beatrixoord, UMCG, and as a lecturer of Nutrition and Dietetics at the School of Health Care Studies of the Hanze University of Applied Sciences.

Her fastest middle to long distance running times during the course of the PhD research were:

5 k	24.08	(01-03-2014)
4 miles	31.30	(31-12-2013)
10 k	51.05	(05-11-2016)
15 k	1.22.19	(15-11-2015)
½ marathon	1.57.28	(29-10-2016)