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The effects of nutritional intervention in pancreatic cancer patients with cachexia

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Introduction: An impaired nutritional status is associated with reduced quality of life, lower activity level, increased treatment-related adverse reactions, reduced tumor response to treatment and reduced survival. However, malnutrition is common in patients with pancreatic cancer. Many pancreatic cancer patients are unable to meet their daily caloric requirements.

Objectives: To investigate the effects of nutritional interventions in pancreatic cancer patients.

Method/Design: The nutritional interventions were individualized nutritional counseling by registered dietitians (RD) in pancreatic cancer patients. The outcomes were assessed after 3 months of nutritional interventions.

Results: There were 219 pancreatic cancer patients recruited in total; 129 men and 90 women (median age, 60.8±11.6 years). Compared with baseline, our data demonstrated energy and protein intake were increased by 32.1% and 30.4% in pancreatic cancer patients with cachexia. Estimated energy and protein requirements were calculated for all patients. Total daily energy requirement intake less than 75% was considered as inadequate. After nutritional intervention, the percentage of pancreatic cancer patients with cachexia who reached estimated energy requirements were increased from 38% to 64%. Adequate protein intake (≥75 % of the requirement) was increased from 36% to 58%.

Conclusion: Nutritional intervention by individualized counseling can improve nutrition intake in pancreatic cancer patients with cachexia.

Biography

Lai Hui-San has received Master of Science degree from Department of Food and Nutrition from Providence University in 1993. She is currently working in the Department of Nutritional Services of National Cheng Kung University Hospital.

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