

ORAL NUTRITIONAL SUPPLEMENTATION DURING CHEMOTHERAPY IN PATIENTS WITH METASTATIC COLORECTAL CANCER: PRELIMINARY FINDINGS FROM A RANDOMIZED CONTROLLED TRIAL

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INTRODUÇÃO

Oral nutritional supplementation (ONS) is a key component of cancer patient care, especially during chemotherapy, a period when gastrointestinal changes interfere with adequate intake of calories and protein. However, there are still a few studies in the literature on the impact of ONS on muscle mass (MM) in patients with metastatic cancer.

OBJETIVO

To evaluate the potential of ONS to halt MM loss and functional decline in patients with metastatic colorectal cancer (mCRC).

METODOLOGIA

Pragmatic, randomized (1:1), controlled clinical trial

ELEGIBLE PATIENTS



mCRC receiving first and second-line chemotherapy

CONTROL GROUP (GC)



Nutritional counseling only

INTERVENTION GROUP (GI)



Nutritional counseling + ONS (Immax®) for 8 weeks

ONS (Immax®)



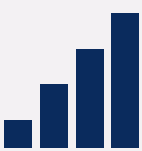
High-protein and leucine- and zinc-enriched. Dose individualized according to weight.



DURATION

8 weeks follow-up with assessments at baseline, 4 and 8 weeks.

OUTCOMES



Body weight
Muscle mass*
Strength

*Anthropometry and bioelectrical impedance



RESULTADOS



48 Patients included
(age, 58.5 ± 11 years;
BMI, 25.6 ± 4.46 kg/m²)
N = 26 in the IG

ONS CONSUMPTION (% of prescribed)

4 WEEKS



8 WEEKS



TISSUE AND FUNCTIONAL PARAMETERS DURING FOLLOW-UP

Participants in both groups maintained stable:



Body
mass



Calf
circumference



Fat-free
mass
percentage



Phase
angle

HANDGRIP STRENGTH (kg)

INTERVENTION GROUP (IG)

20.5 ± 12.9 kg
(baseline)



24.1 ± 12.1 kg
(8 weeks)

p = 0.003

VS

INTERVENTION GROUP (IG)

21.7 ± 8.9 kg
(baseline)



20.4 ± 10.1 kg
(8 weeks)

p = 0.264



CONCLUSÃO

ONS was associated with improved handgrip strength in patients with mCRC, while lean tissue parameters remained unchanged, even without reaching the recommended intake targets. The metastatic stage of the disease may have limited anabolic responses, contributing to the absence of changes in lean tissue.

REFERÊNCIAS

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PRODIET
GRUPO NUTRISENS*

PRODIET

science



GANEPÃO
nutriente para carreira