

SUPPLEMENTATION IN CANCER PATIENTS RECEIVING CHEMO OR CHEMO/RADIATION THERAPY: A MULTICENTRIC, RANDOMIZED PHASE II STUDY

Topic: Nutrition and cancer

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Introduction and objectives

The use of supplements in cancer patients is justified by the low food intake caused by several factors. However, supplementation could be affected by adverse events (AE) related to oncologic treatment and vice-versa. The aim of this study was to compare the safety and efficacy of supplementation with isolated whey protein, leucin and zinc (Immax®) during treatment of these patients.

Methods

Patients who had received at least 2 cycles of chemo/chemoradiation therapy in neoadjuvant, adjuvant or palliative setting, were randomly assigned to receive Immax® + nutritional counseling (NC) (arm A) or NC alone (arm B). NC was according to diary requirements of nutrients and calories (Harris-Benedict) and, in the arm A, calories from the Immax® completed the energetic requirements. The supplementation was prescribed by 4 weeks. AEs were classified according to CTC-AE NCI, v 4.0. Body weight, BMI and nutrition intake were captured on baseline and 4 weeks later in both arms.



Figure 1: meals prepared with Immax®

Results

Eighty-five patients were included (50 females) with median age 57,7 y. After 4 weeks of supplementation, the median of caloric intake, body weight and BMI were not statistically different in both arms. In Arm A, the median of supplement intake was 81,8g/328kcal per day and protein ingested was statistically higher (pre: 65.09 ± 31.47 g and post: 82.07 ± 32.04 g; $p = 0.006$). The most common treatment related AE were nausea and vomiting and its incidences weren't statistically different between the arms. AE supplement related were vomiting (2 pt/4,6%); diarrhea (2 pt/4,6%).

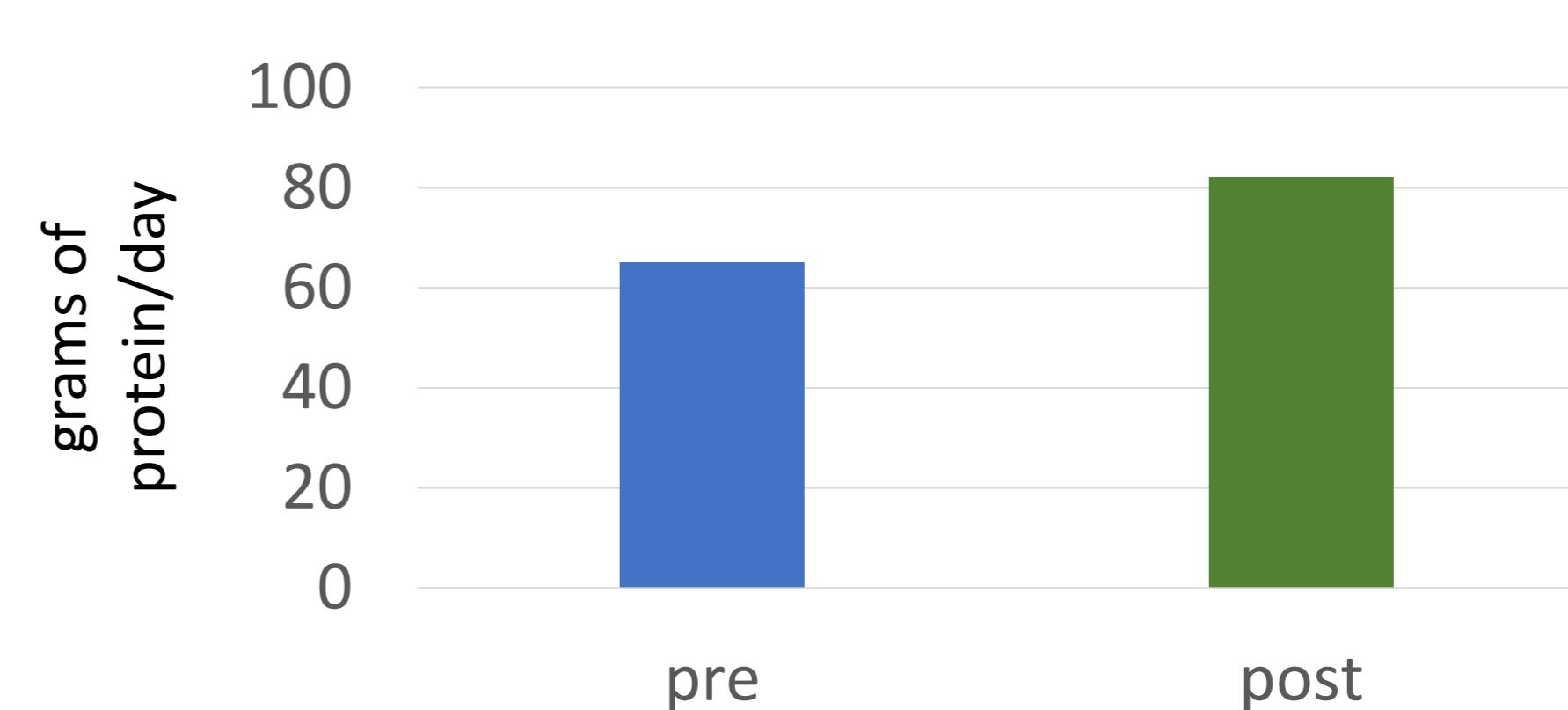


Figure 2: Protein intake pre and post supplementation with Immax®

Conclusion

Immax® was safety and well tolerated by cancer patients and it didn't interfere with oncologic treatment. Immax® provided a significant protein intake in this patient population and its related AE were manageable.

References

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