

TITLE: NUTRITION RISK IN ESOPHAGEAL CANCER PATIENTS

AUTHORS: T.R. Newcom*; A.P. Millard, RD, CNSD[‡]; M. H. DeLegge, MD[‡], Medical University of South Carolina, *Dietetic Internship, [‡]Clinical Dietetics, [‡]Digestive Disease Center, Charleston, SC

LEARNING OUTCOME: To identify the nutritional status and demographics of patients with esophageal cancer.

TEXT: The purpose of this research was to identify the nutritional status and demographics of esophageal cancer patients. A registered dietitian (RD) nutritionally assessed 24 patients pre- or post-operatively utilizing Subjective Global Assessment (SGA), anthropometric, and biochemical parameters. Demographic information including age, sex, and race was also documented. The mean patient age was 63 years ranging from 41 to 82, and 83% were Caucasian males. Pre-operative outpatient assessment was completed on 58% of patients. SGA ratings of A, B, or C were assigned to 38%, 30%, and 2% of patients respectively. SGA ratings were not available on the remaining 30%. Forty-six percent of patients were identified as having difficulty eating and 12% experienced abnormal bowel function. The mean Ideal Body Weight (IBW) percentage was 133% with 63% of patients exceeding 125% IBW. Average Body Mass Index (BMI) was 31 with 88% of patients meeting criteria for being overweight/obese. Neutropenia was not identified in any patient. Thirty-four percent of patients were identified as being at nutrition risk. Following surgery, enteral nutrition support was recommended by the RD for 100% of the esophagectomy patients. The average esophagectomy patient was identified as being a 50-60 year old Caucasian male who may be at nutrition risk prior to surgery if eating difficulties are present. Enteral nutrition support is recommended over parenteral to maintain gut integrity prior to reintroduction of oral feedings.

FUNDING DISCLOSURE: None