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Summary

INTESTINAL ADAPTATION AND SARCOPENIA IN SHORT BOWEL SYNDROME: RESULTS FROM A PROSPECTIVE STUDY (SARCO-SGC)

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Restoration of colonic continuity in short bowel syndrome patients allows reduction of home parenteral nutrition with stable malnutrition and sarcopenia rates, while muscle strength and albumin levels improve particularly in those achieving complete weaning.

KEY POINTS

- In 46 short bowel syndrome patients assessed before and 6 months after restoration of colonic continuity, 46% achieved complete weaning from home parenteral nutrition and the remaining patients had a mean 33% reduction in parenteral calories
- Malnutrition prevalence remained stable (35% before versus 46% after, p=0.29) and sarcopenia prevalence was unchanged (16% before versus 11% after, p=0.48) following restoration of colonic continuity
- Handgrip strength increased significantly overall (23.2 to 27.5 kg, p<0.01) and albumin levels improved markedly (31.6 to 38.2 g/L, p<0.0001), with the handgrip strength gain significant only in patients achieving complete weaning from parenteral nutrition
- Results were similar between patients with jejuno-colonic and jejuno-ileo-colonic anastomoses, and a trend toward increased fat free mass index was observed in all patients
- This study is relevant to clinicians managing short bowel syndrome patients considering restoration of colonic continuity and monitoring nutritional rehabilitation

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