

TOO WEAK FOR THE FIGHT? UNDERNUTRITION AND EARLY MORTALITY IN PANCREATIC CANCER: REVISITING BMI AND ALBUMIN THROUGH THE NRI LENS

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Poster

Pancreas

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Retrospective study of 293 pancreatic cancer patients found that undernutrition markers at diagnosis—low BMI, hypoalbuminemia, and low Nutritional Risk Index—were significantly associated with metastatic disease, lower surgical resectability, and higher 3-month mortality.

KEY POINTS

- Among 248 patients with BMI data, 38.4% had BMI below 20 kg/m², which was associated with lower curative surgery rates (8.8% vs 16.9%, $p=0.04$), more metastatic disease (52.7% vs 34.2%, $p=0.01$), and higher hypoalbuminemia (44% vs 21%, $p<0.01$).
- Severe nutritional risk by NRI (score below 83.5, present in 39% of 289 patients) was strongly associated with metastatic disease (61% vs 28%, $p=0.002$) and early mortality.
- In a subgroup of 112 patients with 3-month follow-up, mortality was 82.6% in those with BMI below 20 versus 66.1% in others ($p=0.03$), and 87.1% in those with severe NRI versus 58.2% ($p<0.01$).
- The authors suggest NRI, calculated from albumin and BMI, could serve as a practical triage tool and recommend further multivariate analysis to validate it as an independent predictor.

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