

Novel nutritional support in management of PC

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Presentation

Digestive Oncology

Mechanisms & Personalised Medicine

Small Intestine & Nutrition

Pancreas

Surgery

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A multimodal nutrition intervention combining omega-3 fatty acids, intensive dietetic support with pancreatic enzyme replacement, and physical activity monitoring during neoadjuvant chemotherapy for pancreatic cancer preserved muscle mass and improved functional outcomes in a feasibility study.

KEY POINTS

- In a 12-week feasibility study of 20 patients receiving neoadjuvant chemotherapy, the speaker reported that weight maintenance was achieved by week 8, with most patients returning to or exceeding premorbid weight by week 12.
- The intervention preserved lumbar skeletal muscle index and muscle attenuation and produced significant improvements in hand grip strength and timed up and go performance from baseline, as stated by the speaker.
- The multimodal approach included 2 grams per day of EPA, pancreatic enzyme replacement therapy at 50,000 units with meals, individualized physical activity targets based on accelerometry, and intensive dietetic support.
- Nearly 40% of over 5500 patients in a meta-analysis presented by the speaker had low muscle indices on diagnostic CT before any treatment, and 50% of their neoadjuvant cohort had low baseline muscle indices.
- The speaker noted that the worst-affected patients lost muscle during 18 weeks of neoadjuvant treatment equivalent to 20 years of normal aging, and baseline median physical activity was only 3500 steps per day.
- A randomized controlled trial is now recruiting at the speaker's institution, adding supervised resistance training to the intervention arm and assessing outcomes including body composition, functional measures, and ctDNA.

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