

REAL-WORLD DATA REGARDING THE OBESITY PARADOX IN PATIENTS WITH GASTROENTEROPANCREATIC NEUROENDOCRINE NEOPLASMS IN A SINGLE CENTRE IN THE UNITED KINGDOM

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UEG Week Copenhagen 2023

Poster

Small Intestine & Nutrition

October 15, 2023

A UK single-centre cross-sectional study of 118 patients with gastroenteropancreatic neuroendocrine neoplasms on somatostatin analogues found significant overall survival differences by BMI category, with evidence supporting an obesity paradox.

KEY POINTS

- Among 118 patients (median age 67 years, 77% with stage IV disease), BMI remained significantly associated with overall survival after correcting for age, sex, grading, and disease stability, with hazard ratio 0.31 ($p=0.002$).
- The median BMI was 24.8; 6% of patients were underweight, 44% normal weight, 28% overweight, and 22% obese.
- Significant overall survival differences were observed between BMI categories ($p=0.002$), with patients having lower or normal BMI showing worse survival compared to those with higher BMI.
- The authors suggest patients with low or normal BMI might benefit from extra attention to nutritional status and support, and call for future research on pathophysiologic mechanisms.

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