

## Nutritional status and handgrip strength in cancer patients: experience at AOU San Luigi Gonzaga Orbassano (TO)

Pasqualini G.<sup>1</sup>, Giurdanella V.<sup>1</sup>, Capizzi I.<sup>1</sup>, Diberti S.<sup>1</sup>, Tiozzo E.<sup>1</sup>, Monge T.<sup>1</sup>, Garbo E.<sup>2</sup>; Ferrari G.<sup>2</sup>; Mogavero A.<sup>2</sup>; Cani M.<sup>2</sup>; Passiglia F.<sup>2</sup>; Novello S.<sup>2</sup>; Tinivella M.<sup>1</sup>

1: Dip. Area Medica ed Oncologica, SSD Dietetica e Nutrizione Clinica, AOU San Luigi, Orbassano (TO)

2: Dipartimento di Oncologia, Università di Torino, AOU San Luigi, Orbassano (TO)

Nutrition in oncology plays an essential role in the management of cancer. Dynamometry is a largely used method to assess muscle strength and functional capacity in this patients.

### METHODS

Patients are referred by oncologists to the dietician and the evaluation also includes the MST test and handgrip.

### RESULTS

Mean (range)	T <sub>0</sub> (n 345)	T <sub>1</sub> (n 208)	T <sub>3</sub> (n 126)	T <sub>6</sub> (n 59)
Weight 6 months before Kg	69,9 (35 - 137)			
Weight Kg	66,2 (33 - 126) p <0,001	66,6 (35,5 - 118)	68,1 (36,5 - 18)	70,8 (44 - 120)
% weight loss from T0		2,2 (-8 - 21,9)	-0,9 (-26 - 13) p = 0,003	-1,3 (-16 - 14) p = 0,06
BMI	23,4 (14 - 49)	23,5 (14 - 47)	24,1 (15 - 46)	25,2 (15 - 45)
MST	0 = 23,5% 1 = 19,1% 2 = 35,4% ≥3 = 22%	0 = 51,4% 1 = 26,4% 2 = 15,8% ≥3 = 6,4%	0 = 63,2% 1 = 22,3% 2 = 9,9% ≥3 = 4,6%	0 = 62,7% 1 = 20,9% 2 = 16,9% ≥3 = 0,1%
HAND GRIP Kg	24,8 (7,3 - 54)	25,9 (7 - 49)	26,1 (8,7 - 55,5)	25,5 (7,1 - 45)



From May 2021 to June 2023, 345 patients were assessed (table) and re-evaluated.

49.9% of the sample was affected by lung cancer.

At T0 median % weight loss from the last 6 months was 5,6%.

30% of patients received nutrition supplements.

### CONCLUSION

The nutritional path must be tailored for the patient, based on therapies and potential side effects: dietary counselling reduces weight loss and improves muscle strength. The data obtained highlight the need to follow patients with periodic follow-up, in order to strengthen nutritional counselling.

#### Bibliography

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