

## DISCOVER NUTRICIA SUPPORT FOR ONCOLOGY RESEARCH AROUND THE GLOBE

**NL: EARLY EXPERIENCE PROGRAM WITH A HIGH PROTEIN OMEGA 3 ENRICHED ONS IN PATIENTS WITH CANCER**

Multiple hospitals in the NL. PI: Lead by Danone Nutricia  
Status: In preparation

**NL: PERIOPERATIVE NUTRITIONAL INTERVENTION WITH FORTIFIT® IN COMBINATION WITH EXERCISE VERSUS STANDARD OF CARE IN HEAD AND NECK CANCER PATIENTS UNDERGOING COMBINED APPROACH RESECTION**

University Medical Centre Utrecht. PI: Prof. Dr. Remco de Bree  
Status: In conduct

**SP: NUTRITIONAL AND FUNCTIONAL PREHABILITATION IN HEAD AND NECK CANCER - A RANDOMISED CONTROLLED TRIAL**

Clínica Universidad de Navarra, Sede Madrid. PI: Dra. María Blanca Martínez-Barbeito  
Status: In conduct

**CZ/SK: EFFECT OF A 3-MONTH NUTRITIONAL INTERVENTION WITH A HIGH PROTEIN OMEGA 3-ENRICHED ONS ON SELECTED ANTHROPOMETRIC AND LABORATORY PARAMETERS AND MUSCLE STRENGTH IN ONCOLOGY PATIENTS.**

Multiple hospitals/clinics in CZ & SK. PI: Dr. Petra Holečková, University Hospital Bulovka, Prague, Czech Republic

Status: Study in conduct. **First preliminary results available at ESPEN**  
- Abstract LB51-T

**DE: OBSERVATIONAL NUTRITIONAL STUDY IN UPPER-GI TUMOURS**

TBC. PI: Dr. Peter Thuss  
Status: In preparation

**HU: LONG-TERM MEDICAL NUTRITIONAL THERAPY IN PATIENTS WITH HEAD AND NECK CANCER**

Data obtained from National Health Registry. PI: Dr. Jozsef Lovey, Semmelweis University and National Tumorbiology Laboratory, National Institute of Oncology, Budapest, Hungary.

Status: Study complete. **First results at ESPEN- Abstract LB46-T**

**IT: (SENSORY-STUDY): CHANGE IN PHENOTYPING AND GUSTATORY PERCEPTION IN CANCER PATIENTS UNDERGOING CHEMOTHERAPY**

Treviso Hospital, Treviso. PI: Dr. Paccagnella Agostino  
Status: Study conduct

**FR: NUTRIM23: A RANDOMIZED PERSONALIZED NUTRITIONAL INTERVENTION TO IMPROVE THE EFFICACY OF ANTI-PD1 IMMUNE CHECKPOINT INHIBITORS IN NSCLC PATIENTS.**

Cochin Hospital, Paris, France.

Hopital Européen Georges Pompidou. PI: Prof Francois Goldwasser  
Status: In preparation

## EFFECT OF A 3-MONTH NUTRITIONAL INTERVENTION WITH A HIGH PROTEIN OMEGA 3-ENRICHED ORAL NUTRITIONAL SUPPLEMENT ON SELECTED ANTHROPOMETRIC AND LABORATORY PARAMETERS AND MUSCLE STRENGTH IN ONCOLOGY PATIENTS.

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**Rationale:** Alongside prompt nutritional intervention designed to meet energy and protein needs, ESPEN guidelines recommend the use Omega 3 fatty acids (EPA and DHA) to stabilize or improve appetite, food intake, lean body mass and body weight in patients with cancer. This study aims to evaluate the impact of a 3-month nutritional intervention with a high protein (HP) omega 3-enriched oral nutritional supplement (ONS) in 800 oncology patients with malnutrition receiving anti- cancer treatment on anthropometric, physical performance, and laboratory parameters. Herein, we report on the first preliminary results.

**Methods:** In this multi-center, single arm, intervention study, adult oncology patients receiving active/radical oncology treatment (colorectal, esophageal, gastric, head and neck and lung cancer), with or at risk of malnutrition and requiring ONS prescription were eligible for inclusion. Patients received two bottles of Forticare Advanced daily (125 ml, 18 g protein, 306 kcal, 1.1 g EPA and 0.7 g DHA, 10 µg vitamin D) for 3 months. Study assessments were conducted at baseline (Day 0), 1 and 3- months and included body weight, inflammatory markers (C-reactive protein (CRP)), physical function (hand grip strength (HGS) using a dynamometer and 30-second chair stand test (CST)), physical aspects of quality of life, and compliance to the ONS.

**Results:** In total, 76 patients (58% male, mean age 66 (SD 10) years were recruited to date. At baseline, 41% of patients had experienced weight loss >10% and 46% had systemic inflammation (CRP >10 mg/dL). On average, patients gained +1.59 kg (SD 0.38 kg,  $p=0.0001$ ) and showed a decrease in CRP level by 7.6 mg/dL (SD 4.02 mg/dL,  $p<0.001$ ) over 3 months. Physical performance improved with an increase in HGS (+1.96 (SD 0.7) kg,  $p<0.001$ ) and CST (+1.44 (SD 0.2)stands,  $p<0.001$ ) at 3 months. Change in body weight was positively correlated with changes in CST performance ( $p=0.0031$ ), HGS ( $p=0.0299$ ), albumin levels ( $p=0.0066$ ), and physical aspects of quality of life (all  $p=0<0.05$ ). Average compliance to the ONS was 1.7 bottles/d.

**Conclusion:** In this study, cancer patients with or at risk of malnutrition who were prescribed a HP omega 3 enriched ONS for 3-months improved in body weight, showed decreased inflammation and improved in physical performance.

**References:** Muscaritoli M, Arends J, Bachman P, et al. ESPEN practical guideline: Clinical Nutrition in cancer. Clin Nutr. 2021 May; 40(5):2898-2913.

## LONG-TERM MEDICAL NUTRITIONAL THERAPY IN PATIENTS WITH HEAD AND NECK CANCER

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**Rationale:** Several factors can affect outcomes of head and neck cancers (HNC) including type of anti-tumour therapy, nutritional status of the patients, and the length of medical nutrition therapy (MNT). Our goal was to collect real-life data on the MNT of HNC patients and to investigate correlations between the long-term MNT and survival.

**Methods:** The data of this retrospective, analytical, cohort study were collected from electronic healthcare records from the Hungarian National Health Insurance Fund Management. Statistical analysis was done by the Kaplan-Meier method and Cox regression analysis.

**Results:** Baseline population ( $\geq 18$  years, incidence, 2013–2021) was 26,235 patients, from which 16,871 (64%) newly diagnosed patients received MNT therapy. By dividing the patients into 3 groups according to the length of MNT (1–3; 4–6;  $\geq 7$ -month), we found that patients receiving  $\geq 7$  months of MNT had a significantly longer overall survival ( $p < 0.0001$ ) than those who received MNT for a shorter period. Another interesting finding is that in the long-term ( $\geq 7$  months) group the proportion of tube-fed patients was higher than those who consumed oral nutritional supplements, 60% in locally advanced and 61% in recurrent/metastatic cases.

**Conclusion:** The outcome of the study is that there is a positive correlation between the long-term MNT and the overall survival in HNC patients when nutritional intervention is  $\geq 7$  months.