

Title - Early correction of cancer-related malnutrition and new indices

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- **Background and aims** The early correction of nutritional aspects is of considerable importance for the prevention of weight loss and malnutrition related to cancer and drug toxicity: diarrhea nausea emesis mucositis dysphagia. **Fat-free mass Index (FFMI) depletion can be masked by a stable body weight or weight gain in the presence of a normal or high body mass index (BMI).**

Methods By applying the new Fat Free Mass Index Mini nutritional assessment and monitoring routine blood chemistry parameters, malnutrition is recognized and diagnosed and we intervene with ONS enteral and parenteral bags.

Treatment with megestrol acetate at high doses is added to improve cancer anorexia and improve Ps in order to resume antineoplastic treatments.

Results Patients with early diagnosis of cancer-related malnutrition benefiting from nutritional and pharmacological support have a greater chance of resuming antineoplastic treatments by improving PS.

Conclusions

Early diagnosis of cancer-related malnutrition as measured by MNA questionnaires and by applying the FFMI is effective in implementing patients' QOL and PS and improves treatment compliance.

References Cruz-Jentoft AJ, Bahat G, Bauer J, Boirie Y, Bruyère O, Cederholm T, et al. Sarcopenia: revised European consensus on definition and diagnosis. *Age Ageing*. (2019)

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