Risk factor
Malnutrition and sarcopenia are modifiable risk factors can impact the surgical outcome

Nutritional management
Nutritional management is a key component of Enhanced Recovery after Surgery programs (ERAS)

Prehabilitation
"Multimodal Prehabilitation" aims at conditioning metabolic risk by implementing a preoperative trimodal approach including nutritional optimization, physical exercise, and interventions to mitigate psychological distress, in the context of an ERAS pathway

Early oral nutrition
Early oral nutrition is also a key component of ERAS, which demonstrated a significantly lower rate of complications and LOS in meta-analyses of the randomized studies