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[Gastric Cancer](#)

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Nutritional Status After Total Gastrectomy for Gastric Cancer

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Introduction: Gastric cancer is one of the most frequent causes of cancer death in the world. Surgery is the only potentially curative treatment but is associated with significant clinical consequences.

Objective: Evaluate the nutritional state of patients with a total gastrectomy secondary to gastric adenocarcinoma.

Patients and Methods: We designed a descriptive study with a transversal cut in our institution. A total of 22 gastric cancer patients who had undergone total gastrectomy at least 6 months previously were included. None of the patients had metastatic disease. The nutritional analysis included only biochemical data. Descriptive statistics were used for statistical analysis.

Results: The patients included 8 females and 14 males with a median age of 57 years (range, 34 – 69 years); 74% of the patients were underweight and none were overweight. The average body mass index (BMI) was 16.88 kg/m². Eleven patients had mild anemia (10.5-12 g/dL) and five had moderate anemia (9-10.5 g/dL). Only two patients had severe anemia (< 9 g/dL). A total of 58% of patients presented with hypoproteinemia and hypoalbuminemia. The main post-surgery complication was nausea (46%). Loss of appetite was noted in 78% of patients. Twenty-one (21) patients were able to walk without help and to leave their homes for activities.

Conclusions: The incidence of anemia was very high, and many patients had alterations in albumin and proteins levels. Therefore, malnutrition was a relevant consequence of total gastrectomy in these gastric cancer patients.