

LOW MUSCLE MASS WAS ASSOCIATED WITH INCREASED RISK OF SEVERE POSTSURGICAL COMPLICATIONS

Study Design

Meta-analysis evaluating the association between low muscle mass and postsurgical outcomes

- 53 observational studies included 14,295 patients undergoing surgery for solid tumours
- Most common tumour locations:
 - Hepatopancreaticobiliary: 22/53 studies
 - Upper gastrointestinal (GI): 12/53 studies
 - Lower GI: 12/53 studies
- Estimated pooled median patient age: 61 years

Results

Preoperative low muscle mass was associated with an increased risk of:

- Severe postoperative complications
OR pooled: 1.44 (95% CI: 1.24–16.8, $P < 0.001$)
- 30-day mortality
OR pooled: 2.15 (95% CI: 1.46–3.17, $P < 0.001$)
- The association with postoperative complications was independent of location and publication date