



IN A RANDOMISED CONTROLLED TRIAL OF PATIENTS WITH HEAD AND NECK CANCER

ORAL NUTRITIONAL SUPPLEMENTS PLUS NUTRITIONAL COUNSELLING WERE ASSOCIATED WITH FEWER RADIOTHERAPY AND/OR CHEMOTHERAPY MODIFICATIONS

Study Design

Randomised, controlled clinical trial (N = 159) evaluating the impact of oral nutritional supplements (ONS) on treatment tolerance

- ONS plus nutritional counselling versus nutritional counselling alone were compared in patients with head and neck cancer undergoing radiotherapy with or without concurrent systemic therapy
- ONS (2 bottles/day providing 500 kcal, 23 g protein and 1.9 g omega-3 fatty acids) initiated at the start of radiotherapy and continued throughout treatment, with continuation for up to 3 months post-treatment
- Treatment modifications were assessed during active radiotherapy ± systemic therapy

Results

Patients receiving ONS were less likely to require RT and/or ST dose reduction or complete suspension: 9.0% vs 22.0% (risk difference, 0.13 [95% CI, 0.24 to 0.02]; P = 0.029)

- ONS reduced the need for changes in scheduled anti-cancer treatments (ie, for RT and/or systemic treatment dose reduction or complete suspension, HR = 0.40 [95% CI, 0.18–0.91], P = 0.029)
- ONS resulted in smaller loss of body weight than nutritional counselling alone (n = 69; mean difference, 1.6 kg [95% CI, 0.5–2.7]; P = 0.006)

CI=confidence interval; HR=hazard ratio; RT=radiotherapy; ST=systemic treatment.

Reference: Cereda E, et al. Radiother Oncol. 2018;126(1):81-88.