



IN A RANDOMISED CONTROLLED TRIAL OF PATIENTS WITH GASTRIC CANCER

## **ORAL NUTRITIONAL SUPPLEMENTS PLUS DIETARY ADVICE WAS ASSOCIATED WITH FEWER CHEMOTHERAPY MODIFICATIONS**

### **Study Design**

**Randomised, controlled clinical trial (N = 337) evaluating the impact of post-discharge oral nutritional supplements (ONS) on chemotherapy tolerance**

- ONS plus dietary advice versus dietary advice alone were compared in patients with gastric cancer at nutritional risk following curative gastrectomy to evaluate chemotherapy tolerance
- ONS (500 ml per day providing 500 kcal, 20.5 g protein) initiated at hospital discharge and continued for 12 weeks post discharge
- Patients subsequently received adjuvant chemotherapy per standard practice

### **Results**

**ONS group had significantly less chemotherapy modifications, including delay, dose reduction, or termination, when compared with the control group (26.0% versus 43.6%, P = 0.004)**

- The incidence of sarcopenia (low muscle mass) was significantly lower in the ONS group than in the control group (P < 0.05)
- Patients receiving ONS and dietary advice reported significantly less fatigue and appetite loss than those given dietary advice alone (P < 0.05)

**Reference:** Meng Q, et al. Clin Nutr. 2021;40(1):40-46.