

COMPARISON OF NUTRITIONAL STATUS IN TWO SYSTEMIC DISEASES INVOLVING RESPIRATORY SYSTEM

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The study aimed at assessing and comparing nutritional status and life quality of patients with COPD and systemic scleroderma (SSc).

Material and Methods

Examined group included 30 patients with stable COPD and 32 patients with SSc.

In all patients, the following parameters were measured: fat mass, fat-free mass, total body water.

In all patients, spirometry and blood gases were measured. COPD patients' life quality was assessed with St. George's Respiratory Questionnaire , and in SSc patients with SScQLI.

Results

In 13% of COPD patients a normal body weight was noted, in 60% obesity was diagnosed, 27% of patients were overweighed. In the systemic scleroderma, normal body weight was measured in 59% , overweight in 31%, obesity in one patient, and underweight in 2 patients.

Mean score of the life quality was 57.3 in COPD patients and 35.8 in patients with SSc.

Statistically significantly lower was life quality in COPD patients in comparison with SSc patients.

Mean value of FEV1 was 45.5 in COPD and 86.8 in the systemic scleroderma. Conclusions

1. Nutritional disorders are more frequent in COPD patients in comparison with those with systemic scleroderma