

MALNUTRITION AND THE QUALITY OF LIFE IN PATIENTS WITH NON-SMALL CELL LUNG CANCER (NSCLC)

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In patients with lung cancer the progressive weight loss is common symptom, which leads to a reduction in performance status and quality of life (QoL).

The aim: The evaluation of the nutritional status of patients with NSCLC and the designation of the relationship between the nutritional status and the QoL.

Methods: 180 patients (age 62,8±9,6) were evaluated during the therapy at Lower Silesian Center of Lung Diseases in Wrocław. Nutritional status was evaluated by means of MNA(mini nutritional assessment) and QoL - by European Organisation for the Research and Treatment of Cancer (EORTC).

Results: The assessment by MNA revealed that up to 51.1% of respondents were undernourished, 23.9% at risk of malnutrition, and only 25.0% had normal nutritional status. The comparative analysis proved that the well-nourished respondents evaluated better their global QoL (33.3vs41.7vs66.7, respectively) and presented less intensive symptoms in EORTC questionnaires. In univariate analysis the malnutrition significantly correlated with decreased QoL and increased symptoms. However, in multivariate analysis the malnutrition was independent determinant of decreased QoL in the physical functioning domain($\beta=-0,015;p<0.001$)

Conclusion: Malnutrition negatively influences the QoL and increases the symptoms. Nutritional care should be integrated into the global oncology care because of its significant contribution to QoL.