

Nutritional and body composition changes affecting head and neck cancer patients during oncological treatment

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Imaging techniques routinely used for clinical practice during cancer treatment allow us to analyze the changes in body composition in head and neck cancer patients and how these changes impact on oncologic outcomes such as survival or toxicity. We can also observe the efficacy of nutritional support through these images.

My main objective for this thesis was to evaluate the nutritional and body composition changes affecting patients with head and neck squamous cell carcinoma (HNSCC) during cancer treatment.

We observed that patients lost a significant amount of weight, muscle and fat mass during the concomitant treatment. Patients with higher body mass index tended to lose more fat mass but also more muscle. The use of adjusted body weight to set nutrition targets in overweight/obese patients may induce further nutritional deterioration in fat but also in muscle. Muscle wasting appears to be systemic and while present in limbs and trunk is significant higher in the thigh than in the chest, abdomen and upper arm. Low skeletal muscle mass was an independent factor for overall survival in the univariate and multivariate analysis in patients of recurrent/metastatic HNSCC treated with immune checkpoints inhibitors (ICI). There was no association between low skeletal muscle and IrAEs of any grade.

Enlace TDX:

<https://www.tesisenred.net/handle/10803/675559#page=1>