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The rule of eicosapentaenoic acid and docosahexaenoic acid on nutritional status, Crp, 15-Hete in cachectic unresectable colorectal cancer patients

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Background: Incidence of colorectal cancer is increasing, most of the patients in Indonesia are found in advanced stages and often accompanied by complications, such as cachexia. Cachexia increases morbidity and mortality, so it requires good nutritional management. EPA as the anti-cachexia agent is promising, but still needs further study.

Objectives: To find out decrease of PG-SGA scores, increase of hemoglobin and albumin levels and decrease of CRP and 15-HETE levels in advanced CRC patients who received EPA and DHA, compared with control group.

Methods: Total of 40 advanced CRC patients with weight loss >5% in the last 3 months were divided into 2 groups. The treatment group got EPA and DHA capsules for a total dose 2g/day of EPA, while the control group got placebo. At the baseline, skor PG-SGA, hemoglobin, albumin, CRP and 15-HETE were examined. Then, we evaluated PG-SGA scores every 2 weeks, hemoglobin, albumin and CRP every 4 weeks and 15-HETE levels by the end of the study. Then we used T-test and repeated Annova to compare the two groups.

Results: In the treatment group, PG-SGA scores were decreased, the level of albumin was increased, the levels of CRP and 15-HETE were decreased and were significantly different from the control group. Hb levels were not significantly different in the two groups.

Conclusions: The use of EPA and DHA can improve the nutritional status, lower levels of CRP and 15-HETE in cachectic advanced CRC patients.

Biography

Muhammad S Niam is General Surgeon, Consultant in Digestive Surgery, Endoscopic and Laparoscopic Surgeon, Lecturer and Medical Staff of Saiful Anwar General Hospital/Brawijaya University School of Medicine, Malang, Indonesia. He is also the Chairman of Indonesian Society of General Surgery of Malang Region, National Faculty Member of Indonesian Society of Endo-laparoscopic Surgery, National Faculty Member of Indonesian Society of Coloproctology and Committee of Asian Society of Colorectal Surgery.

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