



Letter to the Editor

Effects of nutrition and physical exercise intervention in palliative cancer patients



Dear Editor,

I have read the recent article written by Uster et al. with great interest [1]. The main purpose of the study was to show the effects of nutritional and exercise interventions on nutrition, physical performance, quality of life and other clinical parameters in cancer patients staying in a palliative care center. First of all, the study is so reliable and valuable with its well design. The authors have found in the study that the interventions were not significantly related to better clinical outcomes regarding nutritional status, physical performance or quality of life except higher protein intake and decreased nausea and vomiting. Therefore, they have concluded in their study that these mentioned interventions have positive effect only on protein intake and well-being by reducing nausea and vomiting.

When examining the methods and results of the study in detail, I have noticed some points to be addressed to enhance the results and discussion of the study. Firstly, both handgrip strength and physical performance of the intervention group seems to be better than control group after 3 and 6 months later from intervention although not reaching statistically significance. I think this may still be an important finding, because the population of the current study is so small and this finding may have been affected by the population power included in the study. On the other hand, sarcopenia status of the patients may still be significantly different between control and intervention groups after giving nutritional and physical supports. To diagnose sarcopenia, we know that muscle mass (detected in BIA), strength (hand grip) and performance (walking speed) status of the patients should be evaluated. When examining the current study, all the parameters seem to be available in the data to diagnose

sarcopenia status of the patients according to EWGSOP criteria [2]. If it is possible to re-analyze sarcopenia status of the patients between control and intervention groups before and after intervention, I think important results can be found supporting the good effect of the nutritional and physical exercise interventions on sarcopenia in this study.

Conflict of interest

There are no conflicts of interest to declare.

References

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