

## A high prevalence of metabolic syndrome in a group of colorectal patients pre surgery— A pilot study

Sissi C. Stove Lorentzen, Ingunn Bergstad, S.Gharagozian

Oslo University Hospital, Norway

**Introduction:** Colorectal cancer (CRC) is considered a cancer of high income countries and several environmental factors including body fatness and abdominal fat are associated with CRC. Nutritional status of the patients will have an impact on the postoperative recovery period and long term survival. A pilot study was designed to evaluate the appropriateness of commonly used physical and nutritional screening tools on the colorectal patient population at the time of the pre-surgery assessments.

**Methods:** Over a 6 month recruitment period, 29 patients (median age 65 (62;72) were included into the study. Baseline nutritional status was determined for all patients before intervention by using Subjective Global Assessment (SGA), Body mass index and waist circumference. Metabolic syndrome was determined using the International Diabetes Foundation criteria. Selected biochemical markers and physical tests were also included.

**Results:** Twenty-two patients (76 %) were classified as well nourished and seven patients (24 %) as moderately malnourished. Sixteen patients (55 %) had metabolic syndrome. Among the physical tests, the handgrip test was significantly associated with SGA ( $p = 0.02$ ).

**Conclusion:** The results from the pilot confirm results from other studies which show that CRC patients may suffer from overnutrition as well as undernutrition. SGA should not be the only screening in assessing CRC patients prior to surgery. The high number of patients with metabolic syndrome must be confirmed, however, this knowledge suggests a necessity for nutritional counselling in this patient group post surgery, which is in accordance with the World Cancer Research Fund recommendations of 2007.

### Biography

Sissi Stove Lorentzen has completed her MS /RD at the age of 48 from the University of Oslo in 2009. She is currently working at Oslo University Hospital as a clinical nutritionist/dietitian in the field of surgery and cancer. Her master thesis was a pilot study which investigated the effect of perioperative nutrition given to a group of colorectal cancer patients.

Sedegheh Gharagozian has completed her Ph.D at the age of 50 years from Oslo University. She has published 3 papers in reputed journals and has been served as a journal referee for 2 journals. She has worked at Oslo University Hospital as a clinical nutritionist/dietitian in the field of gastrointestinal surgery and intensive nutrition, since 1998. She is a member of the Norwegian scientific committee for food safety. She is also a member of Advisory group in Oslo university hospital to develop a common guideline for ICU.