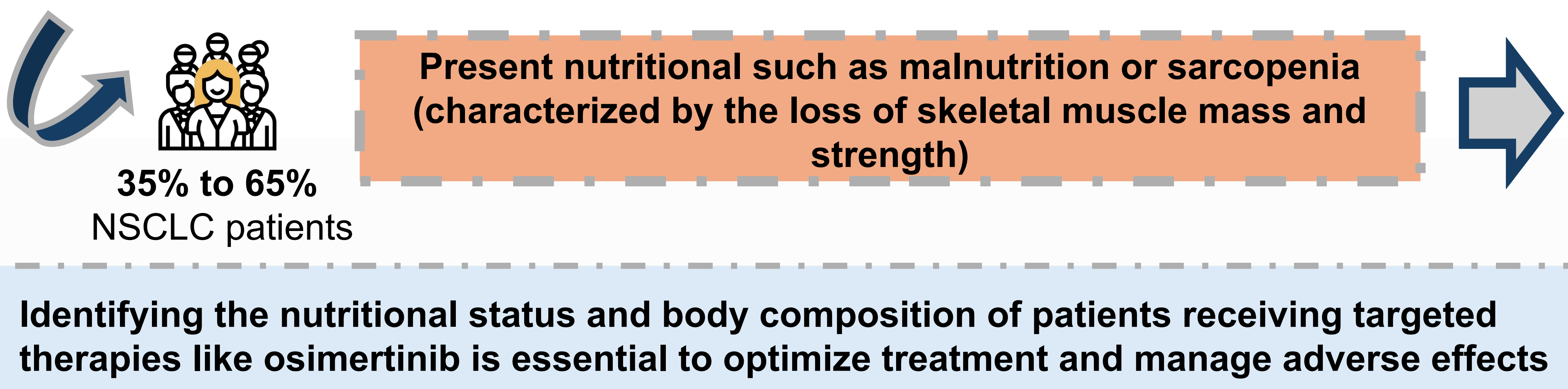# Nutritional assessment of non-small cell lung cancer patients undergoing treatment with Osimertinib

C. BARCA DIEZ, I. AGRA, N. LAGO, R. PALMEIRO, M. ALFONSIN, N. MARTINEZ.

## Background Importance

Non-small cell lung cancer (NSCLC) accounts for approximately 85% of all lung cancer cases and is a major cause of morbidity and mortality globally

**35% to 65%** NSCLC patients

Present nutritional such as malnutrition or sarcopenia (characterized by the loss of skeletal muscle mass and strength)

**Important negative impacts**
- Treatment response
- Prognosis
- Quality of life

Identifying the nutritional status and body composition of patients receiving targeted therapies like osimertinib is essential to optimize treatment and manage adverse effects
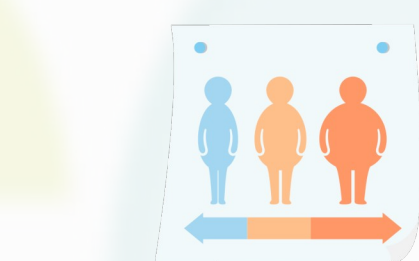
## Objetives

1. Study the **nutritional status** and **body composition** of NSCLC patients with **osimertinib**

2. Evaluate **the prevalence of sarcopenia** and examine the relationship between **low muscle mass, malnutrition** and the occurrence of **dose-limiting toxicities**

## Materials and Methods

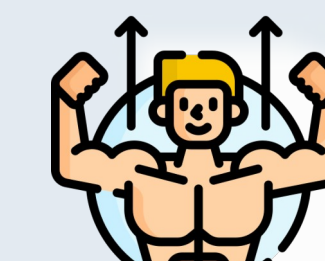Observational, descriptive, cross-sectional treated with osimertinib
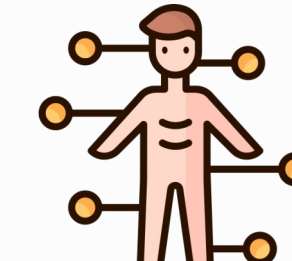
Analize

- **Body composition** Bioelectrical impedance (BIA)
- **Muscle functionality** Dynamometry
- **Anthropometric measurements** Weight, height, IMC, ...

## Results

**25 patients (60% women)**

**Age: 72 (33-87) years**

Patients who developed dose-limiting toxicities

*showed*
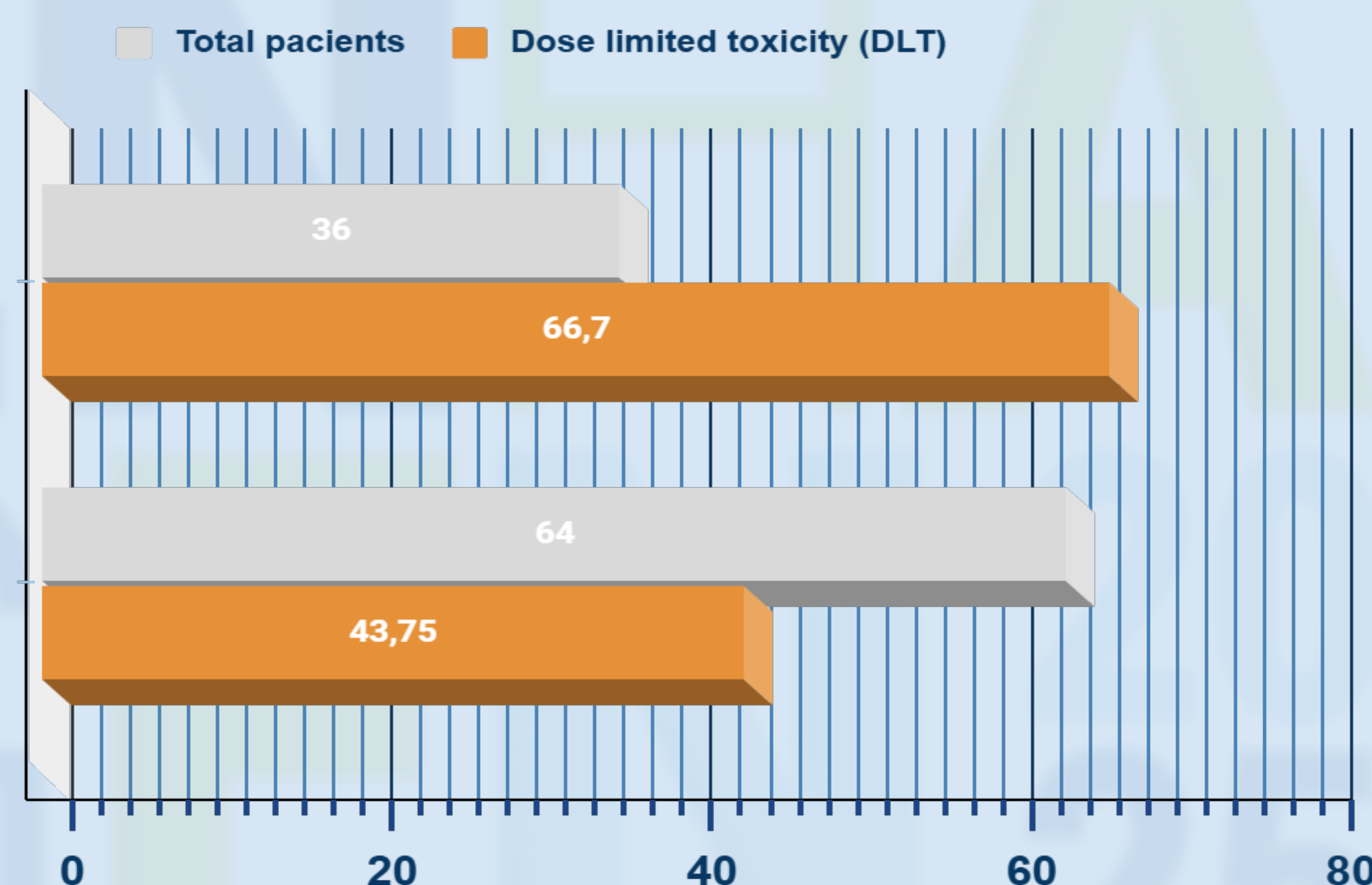- **Lower fat-free mass fat-free mass index**
- **Reduced muscle mass**

**Associated higher toxicities**

No statistically significant association was found between malnutrition and toxicities, patients with malnutrition tended to experience more adverse effects

Total pacients / Dose limited toxicity (DLT)

| | Total pacients | Dose limited toxicity (DLT) |
|---|---|---|
| Malnutricion | 36 | 66,7 |
| Standart Nutricion | 64 | 43,75 |

Pie chart:
- Sarcopenia 8,0%
- Dynapenia 20,0%
- Standar Muscular 68,0%
- Pre-Sarcopenia

Legend: Sarcopenia · Pre-Sarcopenia · Dynapenia · Standar Muscular
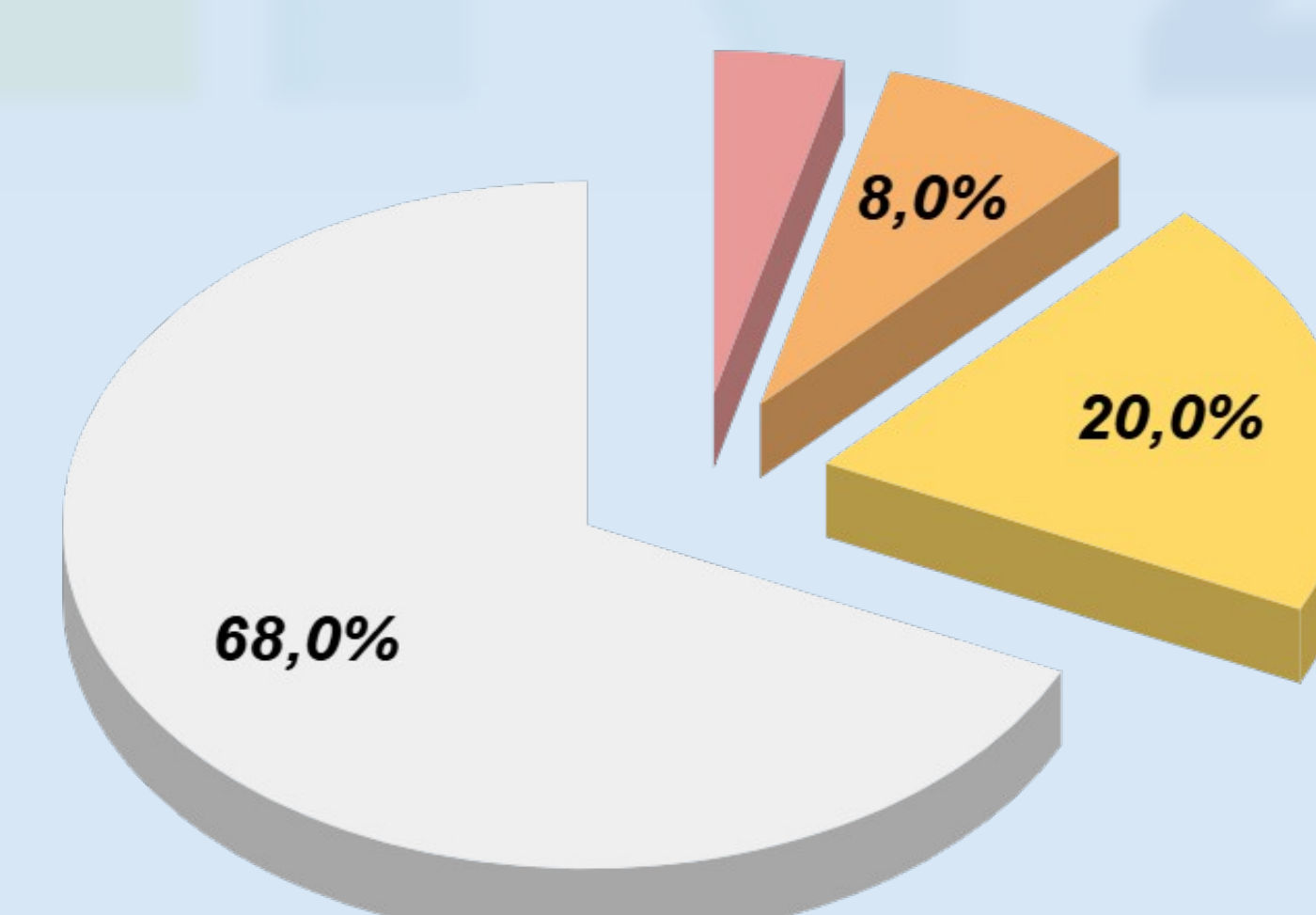
## Conclusions

These findings emphasize the importance of early and individualized nutritional interventions in NSCLC patients receiving osimertinib to enhance their nutritional status, optimize cancer treatment, and reduce dose-limiting toxicities. Future research involving larger patient cohorts and longitudinal designs is needed to validate these results and investigate the efficacy of nutritional interventions.

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