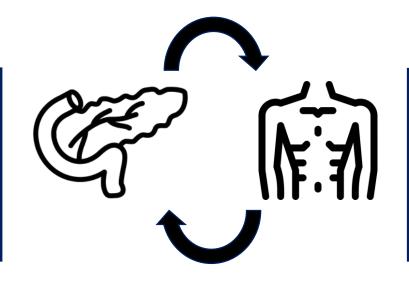
Authors: Tiago Cúrdia Gonçalves^{1,2,3}, Tiago Lima Capela^{1,2,3}, José Cotter^{1,2,3}



Nutrition in Pancreatic Diseases: A Roadmap for the Gastroenterologist

Pancreas

- Exocrine and endocrine functions
- Major role in the digestive process
- Influence nutritional status



Malnutrition

- Lack of intake/uptake of nutrition
- Altered body composition
- ↓ physical and mental function
- Impaired outcomes from disease

Aim of this Review:

Highlight the role of nutrition and propose a systematic nutritional approach to patients with acute pancreatitis (AP), chronic pancreatitis (CP), and pancreatic cancer (PC)

Affiliations:

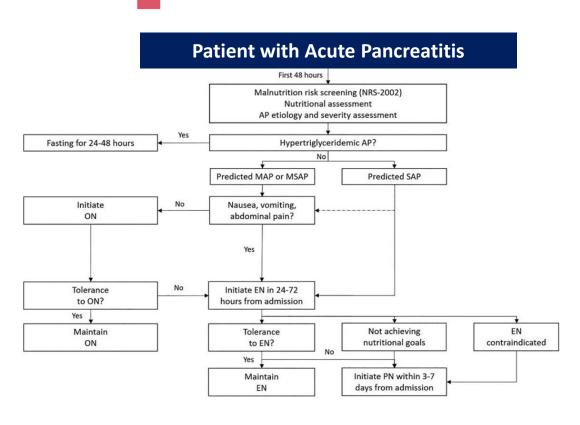
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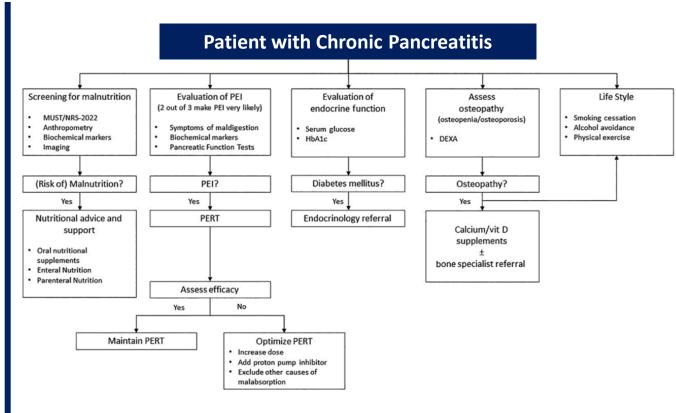


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Abbreviations:

AP, acute pancreatitis; CP, chronic pancreatitis; DEXA, dual-energy X-ray absorptiometry; EN, enteral nutrition; MAP, mild acute pancreatitis; MSAP, moderately severe acute pancreatitis; MUST, malnutrition universal screening tool; NRS-2002, Nutrition Risk Screening-2002; ON, oral nutrition; PEI, pancreatic exocrine insufficiency; PERT, pancreatic enzyme replacement therapy PN, parenteral nutrition; SAP, severe acute pancreatitis.



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Patient with Pancreatic Cancer Nutritional screening at diagnosis Unresectable PC Resectable PC Preoperative assessment MUST/NRS-2002 At risk of Severe Anthropometry malnutrition malnutrition Location? Biochemical Markers ONS for NT for Body/tail 5-7 days 7-14 days Head (Risk of) Malnutrition? before surgery before surgery (PEI very likely) (30% expected PEI) Yes Symptoms of Postoperative assessment maldigestion or Nutritional advice and support ↓ levels of FE-1? Resume ON in Assess 1-2 days serum glucose · ONS Enteral Nutritional PERT Parenteral Nutritional Artificial Diabetes nutrition mellitus? if necessary **Endocrinology referal** GOO symptoms? Surgical Duodenal or EUS-guided SEMS Life expectancy > 6 months jejunostomy good performance status

Take-Home Messages

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- Incidence of pancreatic disorders such as AP, CP, and PC is increasing.
- Adequate nutritional care improve patients' outcomes.
- Awareness of nutritional issues in pancreatic diseases increases among Gastroenterologists is essential.

Abbreviations:



EUS, endoscopic ultrasound; FE-1, fecal elastase-1; GOO, gastric outlet obstruction; MUST, malnutrition universal screening tool; NRS-2002, Nutrition Risk Screening-2002; NT, nutritional therapy; ON, oral nutrition; ONS, oral nutritional supplements; PC, pancreatic cancer; SEMS, self-expandable metal stent.