

FACTSHEET

THE ROLE OF MEDICAL NUTRITION IN CANCER CARE

8.8 MILLION

People worldwide died of cancer in 2015.
That is nearly 1 out of 6 of all global deaths¹

US \$ 1.16 TRILLION

Is the estimated total annual
economic cost of cancer in 2016²

1 OUT OF 3

Cancer patients is
malnourished³

Cancer prevalence

Cancer is a generic term for a large group of diseases characterized by the growth of abnormal cells beyond their usual boundaries that can then invade adjoining parts of the body and/or spread to other organs. Cancer is a leading cause of death worldwide, accounting for 8.8 million deaths in 2015. Cancer most commonly affects the lungs, liver, stomach, breasts and colon.⁴

What is medical nutrition?

Medical nutrition is specifically designed to meet the nutritional needs of diagnosed patients at a certain stage of therapy and/or disease. It is most often available only upon prescription by a health care professional and must be used under medical supervision. Medical nutrition products are developed based on clinical evidence demonstrating their safety and efficacy with a specific patient group. Medical nutrition has been demonstrated to improve clinical outcomes, positively impacting patients' quality of life while helping to reduce healthcare costs.

Who uses medical nutrition?

Medical nutrition is intended for patients whose nutritional requirements cannot be met through normal foods. Medical nutrition is prescribed when:

1. Patients cannot metabolize a nutrient due to an inherited metabolic disorder or cannot tolerate a nutrient due to allergic disease,
2. A patient is malnourished due to a disease or condition (e.g. cancer, stroke, COPD, frailty)
3. When a patient cannot eat or swallow independently due to disability or disease, and tube nutrition needs to be delivered via a nasal or gastrostomy tube.

Integrating medical nutrition in cancer care

At least 1 out of 3 cancer patients is malnourished⁵. Cancer patients are likely to lose weight due to the disease; this affects the effectiveness of cancer treatment and in turn can affect their clinical outcomes and quality of life. For example: if a patient has stable weight during treatment, a doctor can more accurately prescribe the treatment dose. This can mean that a patient responds better to chemotherapy, with a better chance of a positive clinical outcome and a potential survival benefit.⁶ Research has also shown there is a 50% reduction in complications for cancer patients who used medical nutrition before surgery⁷ and their hospital stay can be reduced by 2 days

post-surgery⁸. Integrating medical nutrition as a standard part of cancer care thus offers clear benefits for patients and can also help healthcare systems to reduce the cost of cancer treatment.

About Nutricia

Nutricia pioneers nutritional solutions that help people live longer, more joyful and healthier lives. Building on more than a century of nutritional research and innovation, Nutricia continues to transform lives through the power of nutrition. Nutricia's science-based products and services support healthy growth and development during the first 1000 days. Nutricia also helps to address some of the world's biggest health challenges including conditions in early life such as pre-term birth, faltering growth, food allergy and rare metabolic diseases, as well as age-related conditions and chronic disease, such as frailty, cancer, stroke and early Alzheimer's Disease.

As part of Danone, Nutricia fully embraces the company's "One Planet. One Health" vision reflecting that the health of people and the health of the planet are interconnected and therefore seeks to protect and nourish both.

For more information www.nutricia.com

¹ www.who.int/cancer/en/

² www.who.int/cancer/en/

³ Laviano A et al, Nutrition 1996; 12:358-71

⁴ www.who.int/en/news-room/fact-sheets/detail/cancer

⁵ Laviano A et al, Nutrition 1996; 12:358-71

⁶ Ross et al, 2004; Prado et al 2008

⁷ Kabata et al, Support Care Cancer Feb 2015, 23(2):365-70

⁸ Manasek et al 2015, Ann Oncol (2015) 26 (suppl 4):iv88.

