

# Peran terapi medik gizi terhadap efektivitas terapi, faktor kesintasan dan kualitas hidup pasien kanker payudara yang menjalani radioterapi = Medical nutrition therapy in breast cancer patient undergoing radiation, on the effectiveness of therapy, survival and quality of live.

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## Abstrak

Latar Belakang: Kanker payudara merupakan kanker yang paling sering terjadi di dunia dengan insidensi 25,1% dari semua jenis kanker. Pasien kanker payudara yang menjalani radiasi, umumnya tidak memenuhi kriteria malnutrisi pada skrining gizi namun kebanyakan pasien memiliki massa otot yang rendah, sehingga berpotensi mengalami penurunan kapasitas fungsional. Proses keganasan dan radiasi dapat menyebabkan peningkatan IL-6 yang berdampak pada penurunan kadar Hb. Kadar kolesterol LDL yang tinggi juga sering ditemukan pada pasien dengan obes/riwayat obes, peningkatan ini merugikan karena berdampak pada prognosis dan kesintasan pasien. Terapi medik gizi yang adekuat diperlukan pada pasien kanker payudara. Metode: Pasien kanker payudara berusia antara 36-79 tahun. Empat pasien telah menjalani mastektomi dan tiga di antaranya telah dikemoterapi. Pasien memiliki hasil skrining MST &#8805;2. Pemantauan yang dilakukan meliputi keluhan subjektif, kondisi klinis, tanda vital, pemeriksaan laboratorium, antropometri, komposisi tubuh, kapasitas fungsional dan analisis asupan 24 jam. Keempat pasien mendapatkan edukasi nutrisi, <em>oral nutrition support </em>(ONS), suplementasi vitamin dan mineral serta omega-3. Hasil: Dari hasil pemantauan diketahui bahwa pasien kanker payudara yang mendapatkan terapi medik gizi dapat meningkatkan asupan makanannya, berat badan, massa otot, kekuatan genggam tangan, kadar hemoglobin dan perbaikan kadar kolesterol LDL. Skor ECOG/<em>Karnofsky</em> <em>Performance </em>dari keempat pasien mengalami perbaikan bila dibandingkan dengan pemeriksaan awal. Kesimpulan: Terapi medik gizi dapat memperbaiki <em>outcome</em> klinis, kapasitas fungsional, antropometri, dan laboratorium pada semua pasien dalam serial kasus ini.

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Background: Breast cancer is the most common cancer in the world with an incidence 25.1% of all types of cancer. Generally, breast cancer patients who had undergoing radiation did not meet the criteria for malnutrition based on nutritional screening, but most patient had low muscle mass that reduce functional capacity. Malignancy and radiation cause an increase of IL-6 which result a decrease in Hb levels. High LDL cholesterol levels were also found in obesity or history of obesity which affected the prognostic and survival of breast cacer patient. The patients mostly had skeletal mass decreased. Adequate nutritional therapy is needed for breast cancer patients.

Method: The case saries reported breast cancer patients aged between 36-79 years. Three patients had mastectomy and chemotherapy, while the other had only mastectomy. Patients had MST screening &#8805;2. Patiens were examined of subjective complaints, clinical conditions, vital signs, laboratory examination, anthropometry, body composition, functional capacity and 24-hour intake analysis. The four patients received nutritional education, oral nutrition support (ONS), vitamin and mineral supplement and omega-3. Results: Breast cancer patients who got adequate nutritional therapy had increased their food intake, body weight, skeletal mass, handgrip strength, hemoglobin levels and improvement of LDL cholesterol levels.

The ECOG/Karnofsky Performance Score of the all patients showed improvement from the initial examination.

Conclusion: Medical nutrition therapy improves the outcome, nutritional status, laboratory parameters and body composition in breast cancer patients.