

## Peran terapi medik gizi pada perbaikan klinis pasien kanker lidah Pre Kaheksia dan Kaheksia yang menjalani radioterapi = The Role of medical nutrition therapy on clinical improvement of oral tongue cancer patients with Pre-Cachexia and Cachexia undergoing radiotherapy

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### Abstrak

Latar belakang: Kanker sel skuamosa (KSS) lidah adalah keganasan rongga mulut tersering dengan prognosis terburuk. Insiden KSS lidah cenderung meningkat dan semakin banyak pada usia kurang dari 45 tahun. Hampir semua pasien kanker kepala leher mengalami malnutrisi saat didiagnosis kanker. Tiga puluh satu persen pasien KSS kepala leher dengan kaheksia memiliki disease-free survival lebih rendah dibandingkan pasien yang tidak kaheksia. Modalitas terapi KSS lidah seperti radioterapi, kemoterapi, pembedahan, maupun kombinasi ketiganya dapat memperburuk malnutrisi atau kaheksia yang telah terjadi jika tidak ditatalaksana dengan baik. Terapi medik gizi diperlukan pada pasien KSS lidah yang menjalani radioterapi untuk mencegah malnutrisi atau kaheksia.

Metode: Pasien KSS lidah berusia 41-53 tahun. Tiga pasien berjenis kelamin perempuan dan satu orang laki-laki. Dua pasien telah menjalani pembedahan, semua pasien menjalani radioterapi bersamaan dengan kemoterapi. Satu pasien memiliki hasil skrining MST kurang lebih 5, dan selebihnya memiliki nilai 4. Pemantauan dilakukan sebelum, saat, dan sesudah radioterapi meliputi keluhan subjektif, kondisi klinis, pemeriksaan laboratorium, antropometri, komposisi tubuh, kapasitas fungsional dan analisis asupan. Keempat pasien mendapatkan edukasi nutrisi, oral nutrition support (ONS), suplementasi vitamin dan mineral serta asam lemak omega-3.

Hasil: Keempat pasien dapat meningkatkan asupan makanannya. Pasien mengalami penurunan berat badan, tiga pasien mengalami kenaikan berat badan pasca radioterapi. Dua pasien menggunakan NGT serta memiliki penyulit berupa hipertiroid subklinis dan DM tipe 2. Pasien mengalami anemia, dua di antaranya mengalami perbaikan kadar Hb. Terjadi penurunan massa otot namun terdapat perbaikan kekuatan genggaman tangan dan skor EGOG.

Kesimpulan: Terapi medik gizi dapat memperbaiki keluaran klinis, kapasitas fungsional, antropometri, dan laboratorium terutama pada pasien tanpa penyulit

*Background.* Squamous cell carcinoma of the tongue (SCCOT) is the most common oral cavity cancer with the worst prognosis. The incidence of SCCOT tends to increase at the age of less than 45 years old. Almost all head and neck cancer patients are malnourished at the time of diagnosis. Thirty-one percent of head and neck SCC cachexia patients have a lower disease-free survival than non cachexia. Modalities of tongue SCC therapy such as radiotherapy, chemotherapy, surgery, or a combination of all three can worsen malnutrition or cachexia that has occurred if it is not managed properly. Early medical nutrition therapy is required in SCCOT patients undergoing radiotherapy to prevent cachexia or malnutrition.

*Method.* Four SCCOT patients 41-53 years old. Three patients were females and one patient was male. Two patients underwent surgery, and all patients underwent concurrent radio-chemotherapy. One patient had MST score more less than 5, and the rest had a score of 4. Monitoring was carried out before, during and after radiotherapy including subjective complaints, clinical conditions, laboratory examinations,

anthropometry, body composition, functional capacity and food intake analysis. Four patients received nutritional education, oral nutrition support (ONS), supplementation of vitamins and minerals and omega-3 fatty acid.

Results. All patients can increase their food intake. Patients experienced weight loss, most of them experienced weight gain after radiotherapy. Two patients used tube feeding and had complications of subclinical hyperthyroidism and type 2 diabetes. Patients had anemia, two of them had improved hemoglobin level. There was a decrease in muscle mass but there was an improvement in the strength of hand grip and EGOG score, especially after radiotherapy.

Conclusion. Medical nutrition therapy can improve clinical outcomes, functional capacity, anthropometry, and laboratory especially in patients without complications.</i>