

Nutrition Considerations for Pancreatic Cancer Patients Undergoing Pancreaticoduodenectomies

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Written Case Study

ABSTRACT

As one of the most aggressive forms of cancer, pancreatic carcinoma poses its own unique nutrition complications. Most cases go undetected until symptoms such as jaundice, weight loss, and malnutrition develop in its late stages. Usually the result of a pancreatic head mass, most cases will include surgical treatment. The classic Whipple procedure, or pancreaticoduodenectomy, is completed to remove the malignant tumor and any metastatic tissue in the surrounding area. A high amount of complications can arise from this surgery, many of them nutrition-related. Gastroparesis, pancreatic fistula, and diabetes mellitus are all known to occur. Other issues such as malnutrition, anorexia, and cancer cachexia can be exacerbated as a result of this intensive surgery. Registered dietitians, as a part of the healthcare team, are faced with the challenge of intervening upon these predicted nutrition complications. The following case study of a pancreatic cancer patient who undergoes a pancreaticoduodenectomy provides a thorough investigation into the medical nutrition therapy involved in this disease state.

ASSESSMENT

AA is a 66 year-old non-English speaking Somali female who was brought to the emergency room by family members because of longstanding, increasing jaundice accompanied by weakness and fatigue. At 5'7" and 187 pounds, she presents with a BMI of 29.29, and claims to have a lack of appetite and weight loss of about 20 pounds in the past 4 months. The patient has a past medical history of type II diabetes mellitus and cholelithiasis. During her emergency room visit, an initial CT scan of her abdomen and pelvis showed the presence of gallstones and a 1.5-2 cm mass in the head of the pancreas causing obstruction of the bile duct. The patient underwent surgery to install a biliary stent and perform a biopsy of the pancreatic head mass. The biopsy proved a tumor malignancy with no evidence of disease or vascular involvement outside of the pancreas. AA suffers from poorly controlled diabetes resulting in abnormally high blood glucose levels. At the time of the first interaction with a registered dietitian her POCT glucose values were 193, 247, and 373 mg/dL and her hemoglobin A1C was 9.4%, indicating

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