

Cancer cachexia in adult patients: ESMO clinical practice guidelines.

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European Society for Medical Oncology (ESMO)

Arends J, Strasser F, Gonella S, et al. Cancer cachexia in adult patients: ESMO clinical practice guidelines. ESMO Open. 2021 Jun;6(3):100092. [141 references] PubMed

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Overview

Guideline Objective

To provide recommendations on diagnosis and treatment of cancer cachexia

Patient Population

Adult patients with suspected or confirmed cancer cachexia

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Diagnosis through standardised screening procedures and assessment of nutritional and metabolic status and impairments

- Use of multimodal approach combining nutritional support, exercise training, and psychological support
- Nutritional considerations, including nutritional requirements, dietary counselling and oral nutritional support, tube feeding, and parenteral nutrition
- Treatment options, including muscle strength and endurance training, pharmacological interventions, and psychosocial interventions

Note: Full recommendation statements have not been provided because this guideline does not meet [EGT's systematic review of the evidence criteria](#). Refer to the [original guideline](#) for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- [Supplementary Material](#).
- [ESMO Standard Operating Procedures \(SOPs\) for Clinical Practice Guidelines](#).

Implementation Tools

- [ESMO Pocket Guidelines & Mobile App](#).

Patient Education

No patient education materials available.

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