

STH INTERNATIONAL CONFERENCE ON ONCOLOGY AND CANCER RESEARCH

**Dr Navaneeth Ranjith**

Clinical fellow LAS ST3 Urology, Western Health and Social Care Trust, Londonderry, Northern Ireland

Underfed and Overlooked: Malnutrition as a Predictor of Postoperative Complications in Gastric Surgery

Malnutrition is a common yet often overlooked condition in patients undergoing gastric cancer surgery, with up to 60% presenting with nutritional deficiencies at diagnosis. These deficits arise from tumor-related anorexia, metabolic disturbances, gastrointestinal obstruction, and prior chemotherapy, all of which compromise immune function and surgical recovery. This study aimed to investigate the relationship between preoperative nutritional status and the incidence of postoperative complications in gastric cancer patients. A retrospective analysis was conducted at a tertiary cancer center, including 137 adult patients who underwent subtotal or total gastrectomy for histologically confirmed gastric adenocarcinoma between January 2022 and December 2023. Nutritional status was assessed within seven days before surgery using body mass index (BMI), serum albumin levels, and Nutritional Risk Screening (NRS-2002) scores. Patients were categorized as nutritionally at-risk if they had NRS ≥ 3 and/or serum albumin < 3.5 g/dL. Postoperative complications within 30 days—such as surgical site infections, anastomotic leaks, pneumonia, and delayed gastric emptying—were recorded. Statistically significant higher complication rates and prolonged hospital stays were observed in the nutritionally at-risk group ($n=58$, 42.3%). Multivariate logistic regression confirmed nutritional risk as an independent predictor of complications. These findings underscore the critical role of preoperative nutritional assessment. Integrating routine screening and early intervention into surgical planning may enhance recovery and reduce postoperative morbidity.

Keywords

Gastric cancer, preoperative nutrition, postoperative complications, malnutrition, surgical outcomes

Biography

Dr Navaneeth completed his post graduation in General surgery in India and worked as a Senior resident at Caritas hospital, Kottayam, India and recently started working as a Clinical fellow LAS ST3 in Urology at Western Health and Social care trust, Northern Ireland. He is an enthusiastic surgeon keen on mentoring younger colleagues and students.