ALS body weight after PEG placement

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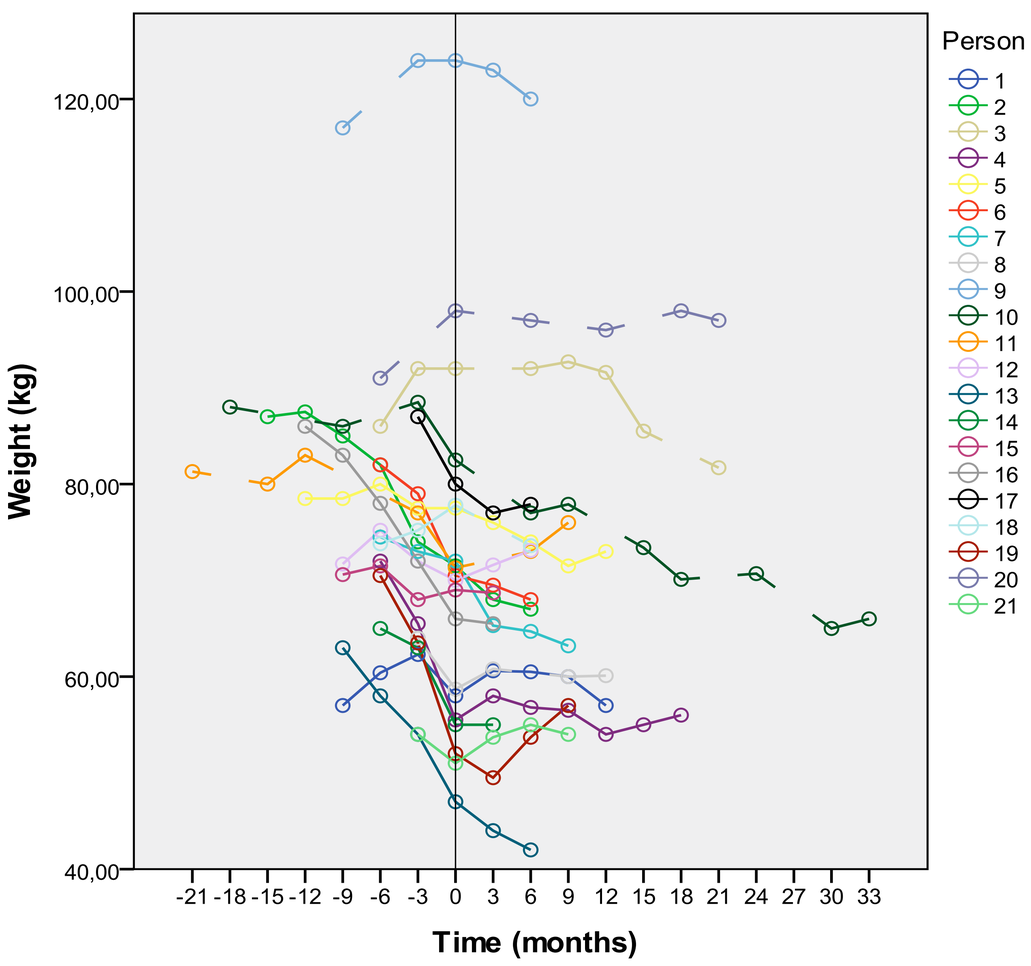
BACKGROUND

Significant weight loss, as a result of insufficient food intake, reduces the survival rates in patients with ALS. It is suggested that enteral nutrition via PEG will stabilize body weight. Clinical data on the pattern of weight loss before and after PEG insertion , and particularly the effect of dietetic intervention, are scarce.

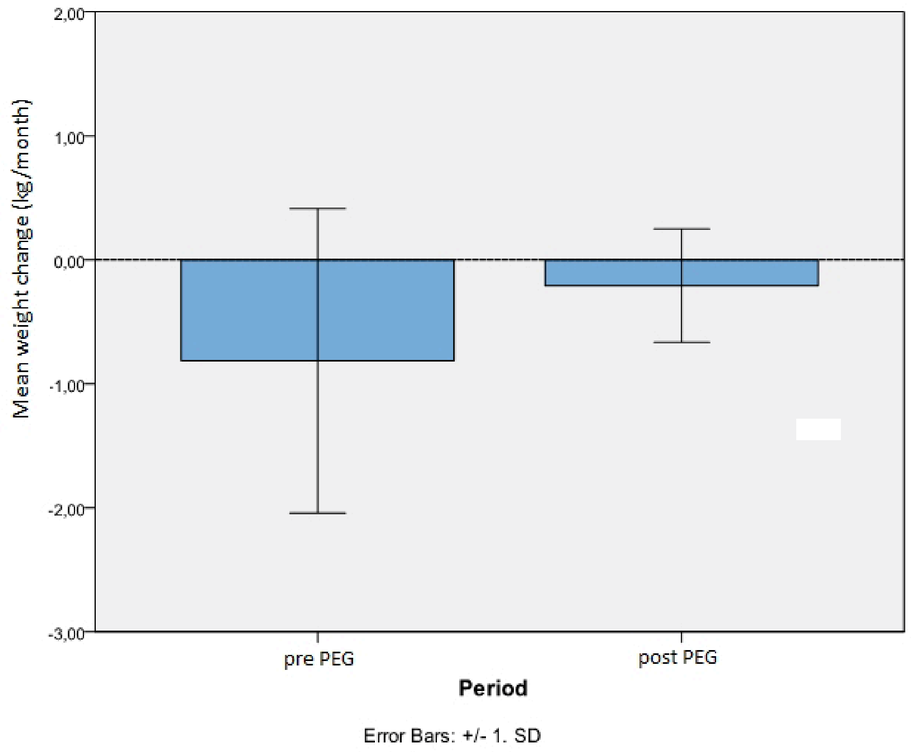
METHODS

Data were retrospectively derived from the dietitians' database between 2007 and 2011. Only patients with a PEG were included. A total of 21 patients were included. The changes in body weight (kg/month) before and after PEG insertion were compared.

RESULTS (1) INDIVIDUAL CHANGES IN WEIGHT



RESULTS (2) MEAN CHANGES IN WEIGHT



Before PEG, 16 patients lost weight and 5 gained weight. The mean weight loss was 0,8 kg/month. After PEG, 14 patients lost weight, 2 stabilized and 5 others gained weight temporarily. The mean weight loss was 0,2 kg/month. The reduction in weight loss before and after PEG was not significant (p=0.069).

CONCLUSIONS

- After PEG insertion, weight loss will be minimized by various interventions by the dietitian.
- Also, before PEG, dramatic weight loss can be prevented.
- Patient's delay can result in unnecessary weight loss.

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