

DOI: <https://doi.org/10.56936/18290825-1.v19.2025-10>**NUTRITIONAL AND HEALTH STATUS
OF COLORECTAL CANCER PATIENTS - BASELINE STUDY****ČORIĆ N.^{1,2}, BANJARI I.^{2,3*}, ROLIĆ T.^{4,5}, MARIJANOVIĆ I.⁶**¹ University Clinical Hospital Mostar, Patient Food and Nutrition Service, Mostar, Bosnia and Herzegovina² Faculty of Agronomy and Food Technology, University of Mostar, Mostar, Bosnia and Herzegovina³ Faculty of Food Technology Osijek, Josip Juraj Strossmayer University Osijek, Osijek, Croatia⁴ Department for Chemistry, Biochemistry and Clinical Chemistry, Faculty of Medicine, Josip Juraj Strossmayer University of Osijek, Osijek, Croatia⁵ Institute of Clinical Laboratory Diagnostics, University Hospital Centre Osijek, Osijek, Croatia⁶ University Clinical Hospital Mostar, Department of Oncology, Mostar, Bosnia and Herzegovina*Received 19.02.2024; Accepted for printing 11.02.2025***ABSTRACT**

Colorectal cancer represents a significant global health burden, impacting millions of lives each year. Beyond the immediate challenges of diagnosis and treatment, colorectal cancer patients often face a cascade of complex issues affecting their quality of life, including impaired nutritional status and compromised health. The aim of this study was to examine initial nutritional and health status of patients with colorectal cancer. Basic anthropometric measurements were collected from 45 colorectal cancer patients at the initial nutritional counselling and prior to the start of treatment. At the same time, health-related quality of life was examined using a 36-Item Short Form Survey (SF-36). Results show weight loss amongst a substantial proportion of patients in the three months prior to the first nutrition counseling, 68.9% of patients lost weight, and 15.6% of patients gained weight. Patients with right-sided colorectal cancer have unfavorable anthropometric indices in comparison to left-sided colorectal cancer patients including lower muscle mass, higher waist to hip ratio, body fat, visceral fat index and higher waist circumference. In regard to health-related quality of life, the results show that right-sided and left-sided colorectal cancer patients significantly differ only in emotional functioning ($p=0.036$). Early nutritional assessment and implementation of nutritional support can contribute to the quality of life and maintenance of normal nutritional status in patients with colorectal cancer.

KEYWORDS: Colorectal Cancer; Nutritional Status; Anthropometrics; Health-Related Quality of Life**INTRODUCTION**

Colorectal cancer is a malignant neoplasm of the large bowel and/or rectum. It is the third most common cancer in the world, and it is one of the most common tumors in western countries [WHO, 2023] with the significant cause of morbidity and mortality worldwide [Jayasinghe M et al., 2023]. colorectal

cancer is the 3rd most common cancer in men and the 2nd most common cancer in women [WCRF, 2023]. It predominantly affects older individuals, with the majority of cases occurring in people of 50 years or older [WHO, 2023].

The statistics show that Bosnia and Herzegovi-

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