

INTRODUCTION

Cancer-associated malnutrition adversely impacts treatment tolerance and survival, yet real-world evidence from Western India remains limited. This study evaluates nutritional status, determinants of malnutrition, and survival outcomes using the Subjective Global Assessment (SGA).

METHODS

This retrospective analysis included cancer patients who underwent Subjective Global Assessment (SGA) between April 2025 and December 2025 to evaluate nutritional outcomes in routine clinical practice. Nutritional status was assessed at baseline and following intervention to determine changes over time. Demographic and clinical variables were analyzed using binary logistic regression and the Wilcoxon signed-rank test to identify factors associated with malnutrition and nutritional improvement.

RESULTS

Total patients underwent SGA n=125

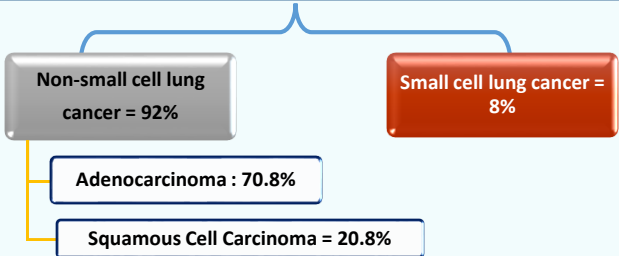
Descriptive Details

Median age of cohort : 64.0 years
(IQR 53.5-72.0)

Male : Female ratio – 2.1:1

Baseline ECOG 0-1 : 96%

Evaluated cases of Lung Cancer

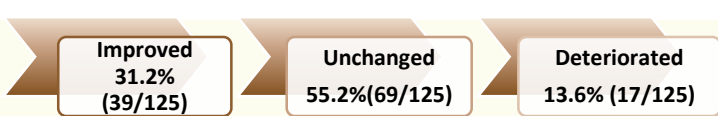


SGA conducted at baseline and assessment performed at cycle 1 : 93.6%

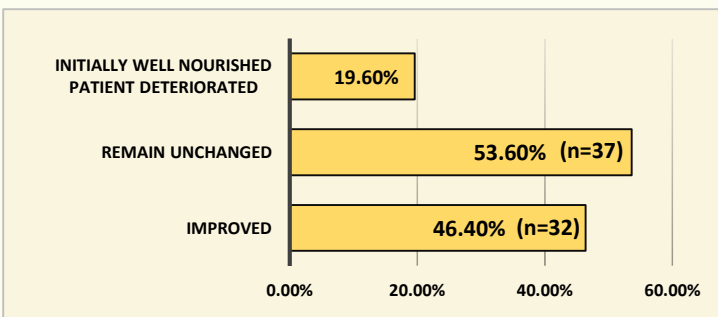
Overall SGA Outcomes

	Well Nourished	Moderate to Severely Malnutrition
At Baseline	44.8% (n=56)	55.2% (n=69)
Post Intervention [mean duration : 6 months (1-35)]	55.2% (n=69)	44.8% (n=56)

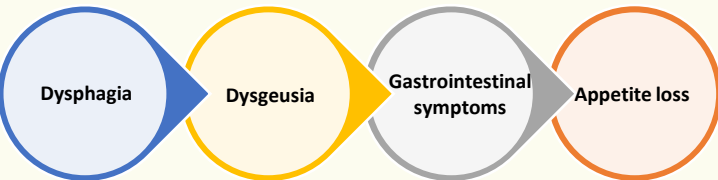
Distribution of overall SGA score



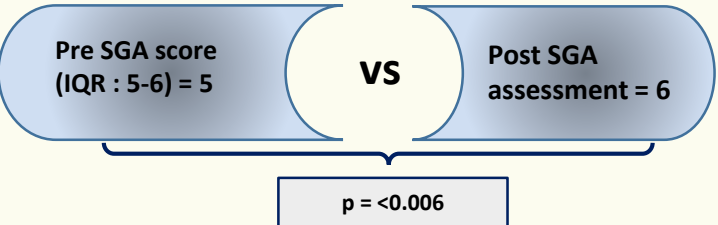
Nutritional Status of malnourished cohort (n=69)



Causes of SGA Deterioration



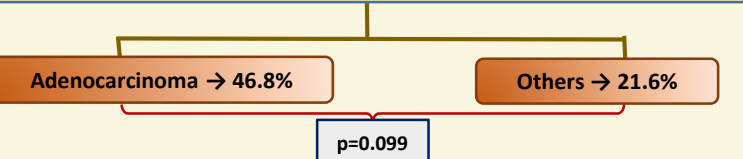
Median SGA Comparison (Pre and Post assessment)



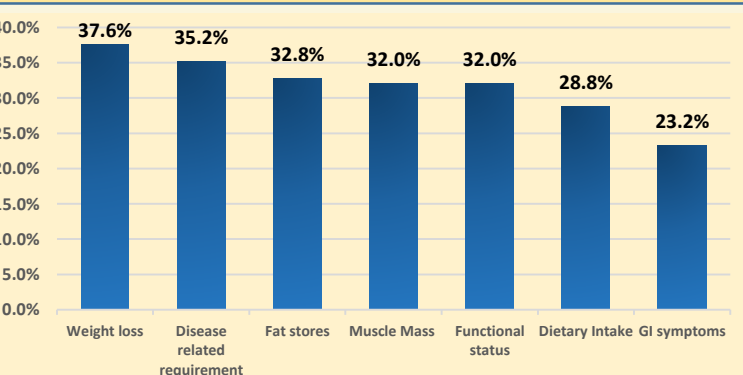
Gender-wise Malnutrition Prevalence



Nutritional Improvement rates according to Histology



Improvement across nutritional Domain



CONCLUSION

In this study, SGA reliably detected malnutrition, identified lung cancer-specific risk patterns, and showed association with survival outcomes, highlighting its utility as a pragmatic and prognostically relevant tool in clinical oncology practice.