

Selective taste steering of bread based on individual food hedonics profile of patients suffering chemotherapy induced taste disorders: promising results of a first phase pilot study.

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Background and aim

Currently, no guidelines exist for the pharmaco-logical nor for the culinary management of dysgeusia. Suggestions from best-practices, though useful, do not resolve the recurring incidence of taste and odor disturbances among cancer patients.

The aim of this project is to showcase an innovative example of Primary Food Care. This first phase pilot study demonstrates the short term effects of the consumption of own baked bread of which the recipe is based on the individual food hedonics profile of patients living at home and suffering chemotherapy induced taste disturbances.

Methodology

Patients suffering chemotherapy induced taste disorders are randomized in an intervention and control group. Patients in the intervention group received three different recipes for bread, based on their individual food hedonics profile. Patients in the control group are consuming bread from their bakery as usual. After three weeks we compared bread intake, bodyweight, BMI and QOL.



Results of a first phase pilot

Variables		Intervention (n = 19)		Control (n = 16)	
		Mean (SD)	p	Mean (SD)	p
Bodyweight	Before	74.2 (13.7)		73.0 (16.7)	
	After 3 weeks	74.2 (13.5)	0.979	68.0 (13.7)	0.875
BMI	Before	25.2 (4.1)		25.9 (5.7)	
	After 3 weeks	25.1 (3.8)	0.959	24.1 (4.3)	0.861
Bread intake: slices per day	Before	4.5 (3.5)		4.2 (2.4)	
	After 3 weeks	2.9 (1.9)	0.004	3.9 (2.0)	0.059

Variables: QOL		Intervention (n = 19)		Control (n = 16)	
		Mean (SD)	p	Mean (SD)	p
Global wellbeing (%)	Before	50.8 (24.0)		52.1 (18.9)	
	After 3 weeks	51.3 (16.0)	0.255	47.8 (21.7)	0.239
Nausea/vomiting (%)	Before	19.8 (25.2)		20.3 (23.5)	
	After 3 weeks	8.8 (12.9)	0.050	17.5 (25.1)	0.172
Insomnia (%)	Before	27.1 (32.2)		36.5 (33.2)	
	After 3 weeks	31.6 (26.0)	0.053	45.6 (27.7)	0.617
Reduced appetite (%)	Before	45.8 (34.7)		38.5 (37.0)	
	After 3 weeks	28.1 (25.5)	0.400	33.3 (38.5)	0.758
Constipation (%)	Before	21.9 (31.2)		30.2 (36.3)	
	After 3 weeks	10.5 (19.4)	0.368	31.5 (33.3)	0.506
Diarrhea (%)	Before	27.1 (34.3)		24.7 (35.5)	
	After 3 weeks	7.0 (14.0)	0.050	7.0 (17.8)	0.171



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