

Abstract

This diploma thesis focuses on the nutritional status of patients with colorectal cancer. In the theoretical part I describe the incidence, risk factors of colorectal cancer, clinical manifestations, diagnostics, individual types of anticancer therapies, their side effects and dietary recommendations for individual gastrointestinal side effects of anticancer therapy. In the theoretical part I also focus on malnutrition and nutritional support in the treatment of colorectal cancer. Also important is the prevention of colorectal cancer, which is described in the last section.

The aim of the research is to compare the eating habits and lifestyle of patients with colorectal cancer before the diagnosis and during the therapy. The second objective is to compare the weight of the patients before the diagnosis and therapy and to find out the most common causes of weight loss in anticancer therapy. The third objective is to find out whether patients who have had a sipping support during their anticancer therapy will regain their weight compared to patients who did not. The research was conducted through a questionnaire survey. A total of 55 oncology patients with colorectal cancer diagnosis were present. The research was conducted in two hospitals in oncology departments and oncological ambulances. The results obtained from the questionnaires are statistically evaluated.

The results of the questionnaire survey show that all patients with this cancer had unsuitable eating habits and lifestyles before the diagnosis of the disease. After diagnosis, however, most patients changed their diet and lifestyle. During anticancer therapy, most patients had a weight loss that was primarily due to the gastrointestinal side effects of anticancer therapy. The most common side effects in patients were anorexia, nausea and diarrhea. Most patients had a sipping support during the treatment and most of them managed to increase their weight.

In colorectal cancer patients, nutritional status plays an important role both prior to the onset of the disease and during anticancer therapy.

Key words: colorectal cancer, eating habits, lifestyle, weight loss, nutritional support