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Title: Six months and one year follow up of COPD patients who had oral nutritional supplement therapy as a part of pulmonary rehabilitation program

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Body: We evaluated long term efficacy of oral nutritional supplement (ONS) which was indicated according to body composition abnormalities in patients with COPD. 41 patients who were given ONS were enrolled. Pulmonary function tests, quality of life, exercise capacity, dyspnea sensation, and body composition datas were recorded before and after PR program, at 3., 6. month and in 20 patients 1 year follow-up visit. Table1 summarizes parameters of patients that were grouped according to ONS duration. In all groups ONS lead to sustained improvements of exercise capacity, dyspnea, symptom management, and body composition at 3 and 6 month. Quality of life was protected in group 1, in other groups it was over baseline values despite loss at 6. month. Both exercise capacity and quality of life decreased at the end of the first year, exercise capacity was lower than baseline. Improvements in symptom control, dyspnea, body composition were protected in one year follow up.

Table1

	Group 1	Group 2	Group 3
Patients numbers	10	16	15
Age (years)	54,7±13,8	65,5±9	67,8±6,3
Tobacco (pack/years)	27,2±15,3	55±19	67,9±38
BMI (kg/m2)	20±1	18,7±1,7	17,5±1,5
FFMI (kg/m2)	16,9±1,3	15,9±1,1	15,5±0,9
MRC	2,6±0,5	3,5±0,8	4±1
%FEV1	36,6±13,8	29,3±9,4	25,9±9,8
ISWT (meters)	282±108	174±118	123±108

SGRQ Symptom	67,1±9,1	67,3±13	73,3±14
SGRQActivity	71,9±22,2	77,2±19,7	82±20
SGRQimpact	58,5±17,6	62±21	57,7±23,3
SGRQTotal	64,1±16	67,6±15,5	67,8±19

As the changes of body composition are correlated with prognosis and survival in COPD, all patients who are scheduled to receive a PR program should be evaluated and be given ONS if necessary.