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TÍTULO: Efficacy of oral vitamin B12 supplementation after total gastrectomy: results from a prospective study

OBJECTIVO:
Vitamin B12 (vitB12) deficiency is a common and early complication after total gastrectomy. Intramuscular injection of vitB12 has been considered the standard treatment, however, it is painful and expensive.

MATERIAL E MÉTODOS:
Prospective uncontrolled study (ACTRN1261400107628) to evaluate laboratorial and clinical efficacy of long-term oral vitB12 supplementation in patients who underwent total gastrectomy. All patients received daily oral vitB12 (dosage: 1mg/day) and were evaluated every 3 months.

RESULTADOS: A total of 26 patients were included, mean age of 64 years (29-79), with the diagnosis of adenocarcinoma (n=25) and MALT lymphoma (n=1). Patients were included 65 months after total gastrectomy (3-309). At inclusion time, 17/25 patients were under intramuscular vitB12 and 8 had not yet started supplementation. There were normal serum levels of vitB12 in 25/26 patients (1/26 with low vitB12 levels due to non-adherence to intramuscular supplementation) -mean vitB12 level of 657pg/ml (136-2642). During the follow-up, all patients had normal vitB12 levels, and there was no need of intramuscular therapeutic. The patient with low vitB12 had an increase to adequate levels, which maintained stable. There were no differences with statistical significance among vitB12 levels at 6 (867pg/ml), 12 (1008pg/ml) and 24 (1061pg/ml) months, although there was a progressive increase of them.

DISCUSSÃO: Oral vitB12 is effective and safe in these patients and should be considered the preferential form of supplementation.

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