

## Severe underweight decreases the survival rate in adult lung transplantation

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### Abstrak

**Purpose:** The body mass index (BMI) before lung transplantation (LT) is a benchmark of the post-LT survival. The aim of the study is to determine the BMI inadequate for the post-LT survival.

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**Methods:** We examined the survival after LT in patients grouped into the following BMI categories: <18.5 kg/m<sup>2</sup> (underweight), 18.5-24.9 kg/m<sup>2</sup> (normal weight), 25-29.9 kg/m<sup>2</sup> (overweight), and 30.0 kg/m<sup>2</sup> (obese) according to the World Health Organization (WHO) criteria. A more detailed categorization was made for further evaluation of the underweight group: mild (17.0BMI<18.5 kg/m<sup>2</sup>) and severely underweight (BMI <17.0 kg/m<sup>2</sup>).

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**Results:** There was no statistically significant difference in the post-LT survival between underweight and normal-weight patients (5-year survival: 78.7 vs. 76.1%). Patients with BMI <17.0 kg/m<sup>2</sup> had a worse prognosis than those with 17.0BMI<18.5 kg/m<sup>2</sup> (5-year survival: 70.3 vs. 90.0%).

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**Conclusions:** Standard BMI categorization per the WHO criteria is inadequate for determining the post-LT survival, especially in underweight patients. For the nutritional evaluation of underweight pre-LT patients, BMI <17.0 kg/m<sup>2</sup> should be used instead of BMI <18.5 kg/m<sup>2</sup>.