



**Anorexia**  
**Definition List**

<b>Term</b>	<b>Definition</b>
<b>Anorexia</b>	Cancer-related anorexia refers to a loss of appetite that results in decreased food intake or the inability to eat related to the cancer or the cancer treatment itself. This is one of the most frequent problems for people with cancer (Cancersymptoms.org, n.d.).
<b>Cachexia</b>	Cachexia is defined as a complex syndrome that combines weight loss, lipolysis, loss of muscle and visceral protein, anorexia, chronic nausea, and weakness (Bruera, E. 1997).
<b>Cannabinoids</b>	Cannabinoids are compounds present in the Cannabis plant that bind to cannabinoid receptors and exert pharmacologic effects that stimulate appetite, act as antiemetics, and have analgesic effects. Cannabinoids approved for use in the United States include dronabinol (Marinol <sup>®</sup> Solvay Pharmaceuticals, Inc.) and nabilone (Cesamet <sup>®</sup> , Valeant Pharmaceuticals International) (Wikipedia, 2008).
<b>Corticosteroids</b>	Class of steroid hormones produced in the adrenal cortex and involved in a wide range of physiologic systems, such as stress and immune responses, regulation of inflammation, carbohydrate metabolism, and protein catabolism. Corticosteroids can be administered orally or intravenously and are used for a variety of conditions. Drugs in this class include dexamethasone, prednisone, hydrocortisone, and fludrocortisone (Wikipedia, 2008).
<b>COX-2 Inhibitor</b>	“Any of a class of drugs that selectively block the isoform COX-2 but not the isoform COX-1 of cyclooxygenase and that are intended to relieve the pain and inflammation of arthritis while minimizing gastrointestinal side effects” (Merriam-Webster Online Dictionary, 2007). Theorized to decrease metabolic stress by treating systemic inflammation, thereby decreasing energy consumption and helping to reduce weight loss (Lundholm, K., Daneryd, P., Bosaeus, I., Koerner, U., & Lindholm, E. 2004).
<b>Cyproheptadine</b>	Cyproheptadine is an antihistamine marketed for the treatment of various allergic problems. Cyproheptadine has established anti-serotonergic properties with S1 and S2 blocking activity. In early clinical trials, cyproheptadine was noted to cause unexpected weight gain. It has been marketed in Europe as a drug for weight gain (Kardinal, C.G., Loprinzi, C.L., Schaid, D.J., Hass, A.C., Dose, A.M., Athmann, L.M., et al. 1990).
<b>Dietary Counseling</b>	Dietary counseling involves the prescription of a therapeutic diet using regular foods. This diet is modified to provide for individual requirements, based on the need for adequate intake and other relevant factors, such as digestive and absorptive capacity, symptom relief, and psychological factors. The therapeutic diet is adjusted to the individual’s diet, incorporating personal and cultural preferences. The prescription of a therapeutic diet identifies the type, amount, frequency of feeding, specified caloric and protein levels and

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	includes any restrictions and limited or increased individual components (Ravasco et al., 2005).
<b>Docosahexaenoic Acid</b>	An essential omega-3 fatty acid present in fish oil (Bruera, E., Strasser, F., Palmer, J.L., Willey, J., Calder, K., Amyotte, G., et al. 2003).
<b>Eicosapentaenoic Acid (EPA)</b>	An essential omega-3 fatty acid, distinguished from other long-chain polyunsaturated fatty acids by a double bond that sits three carbons for the N-terminal of the molecule. Bluefish, swordfish, salmon, and mackerel are rich in EPA (Jatoi, A., Rowland, K., Loprinzi, C.L., Sloan, J.A., Dakhil, S.R., MacDonald, N., et al. 2004).
<b>Erythropoietin (EPO)</b>	EPO is a hormonal substance formed in the kidney that stimulates red blood cell formation (Merriam-Webster Online Dictionary, 2007). EPO is theorized to help decrease metabolic stress by decreasing energy consumption related to anemia, thereby helping to reduce weight loss (Lundholm, K., Daneryd, P., Bosaeus, I., Koerner, U., & Lindholm, E. 2004).
<b>Ghrelin</b>	Ghrelin is a 28-amino-acid peptide that is produced by the P/D1 cells lining the fundus of the stomach, which increases appetite through action on hypothalamic feeding centers (Wikipedia, 2008).
<b>Hydrazine Sulfate</b>	Hydrazine sulfate is a compound that has been studied as a treatment for cancer and cancer-related anorexia and cachexia.
<b>Melatonin</b>	Melatonin is a hormone that is produced in the pineal gland and plays a role in the regulation of circadian rhythm of several biological functions (Merriam-Webster Dictionary, 2008). During the night, melatonin regulates leptin, a hormone that plays a role in regulating energy intake and expenditure, including the regulation of appetite and metabolism.
<b>Oral Branched-Chain Amino Acids</b>	Tryptophan, an amino acid precursor of serotonin, is thought to play a role in the pathogenesis of cancer anorexia. Uptake of tryptophan into the brain is regulated by a specific transport system, which is competitively shared with the other amino acids, Branched-Chain Amino Acids. By administering Oral Branched-Chain Amino Acids, the desired result would be a reduced level of tryptophan concentrations in the brain, limiting its anorexic effects (Cangiano, C., Laviano, A., Meguid, M.M., Mulieri, M., Conversano, L., Preziosa, I. et al. 1996).
<b>Pentoxifylline</b>	Pentoxifylline is a methylxanthine derivative approved by the FDA for the treatment of intermittent claudication. It can inhibit TNF alpha production, reducing plasma levels of this cytokine, which is thought to be a mediator in cancer-associated anorexia and cachexia (Goldberg, R., Loprinzi, C., Mailliard, J., O'Fallon, J., Krook, J., Ghosh, C. et. al 1995).
<b>Progestins</b>	Progestins are synthetic analogs of progestogens that have biological activity similar to progesterone.

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	Synthetic progestins include megestrol acetate (MA) and medroxyprogesterone acetate (MPA) and are derived from 17alpha-hydroxyprogesterone, which are used in the treatment of hormone-dependent tumors. These agents were noted to produce increase in weight and appetite and have been studied in the treatment of cancer-related anorexia and cachexia (Maltoni, M., Nanni, O., Scarpi, E., Rossi, D., Serra, P., & Amadori, D. 2001).
<b>Prokinetics</b>	Class of drugs that includes metoclopramide, a serotonin receptor modulator. These drugs act on the gastrointestinal system to augment the speed of intestinal transit by increasing intestinal contractions without disrupting their rhythm. Metoclopramide is used clinically to treat reflux and nausea (Wikipedia, 2007).
<b>Thalidomide</b>	Thalidomide was used in the 1960s as an anxiolytic and antiemetic agent for pregnant women and was withdrawn from use because of its teratogenic effects. Because of its anti-angiogenic properties, it has resurfaced as an antineoplastic drug and currently is indicated for the treatment of multiple myeloma. Thalidomide reduces the production of TNF alpha. It has been used in AIDS-associated cachexia (Bruera, 1999) and has been studied in cancer-related anorexia/cachexia. Adverse effects include dizziness, drowsiness, somnolence, constipation, and increased incidence of thromboembolic events (Thalidomid Prescribing Information, 2007) The use of thalidomide is strictly regulated due to its teratogenic effects.