

## Guidelines

- "Standards, Options and Recommendations for the use of appetite stimulants in oncology"  
(developed by French National Federation of Cancer Centers 2000)
- "Clinical practice guidelines on cancer cachexia in advanced cancer patients – with a focus on refractory cachexia"  
(European clinical guidelines developed on behalf of the European Palliative Care Research Collaborative)

## Appetite stimulants

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| • Progestins: megestrol acetate and medroxyprogesterone (Cochrane) | • Interferon   |
|  | • NSAIDS       |
|  | • Cannabinoids |
|  | • Mirtazapin   |
| • Metoclopramide   | • Thalidomide  |
| • Androgenic steroids  | • Ghrelin      |
| • Melatonin  | • Insulin      |
| • Erythropoietin   |                |

year of publication	design	treatment	mg/day		measurements		life	
Moertel et al 1974	116 DB, P	Dex Dex Placebo	0.75 x 4 1.5 x 4 x 4	Lifelong	Questionnaire, not specified	Increasing after four weeks with Dex both doses. P<0.05	No differences	No difference
Willox et al 1984	41 DB, CO	Pred Placebo	5 x 3 x 3	Three weeks	VAS	Better with Pred. P<0.05	Better with Pred. P<0.001	No difference
Bruera et al 1985	31 DB, CO	MP Placebo	16 x 2 x 2	Five days	VAS	Better with MP on day 5- 13. P<0.05	More activity and greater intake of food with MP P<0.01	Not mentioned.
Della Cuna et al 1989	198 DB, P	MP Placebo	125 x 1 x 1	Eight weeks	LASA NOSIE	Better with MP P<0.05	Better with MP P<0.05	No difference
Propieta et al 1989	173 DB,P	MP Placebo	125 x 1 x 1	Eight weeks	LASA	Better with MP P<0.05	Better with MP P<0.05	Not mentioned
Lai et al 1994	52 DB, P	Pred Meg Placebo	10 x 3 160 x 1 x 1	Three weeks	5 points scale	Less patients with low appetite for Pred and Meg than Placebo. P<0.2	No difference	No difference
Loprinzi et al 1999	311 Open, P	Dex MA Fluoxymesteron	0.75 x 1 800 x 1 10 x 2	Four weeks	Uniscale Questionnaire	MA and Dex equal and better than Fluoxymester	No difference	No difference