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Nutrition Status and weight changes among breast cancer patients receiving chemotherapy at Kenyatta National Hospital

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Abstract

Introduction

In Kenya, cancer treatment focuses mainly on tumor eradication with limited attention on weight management interventions. The study aimed to determine weight changes and associated factors among early stage breast cancer patients during first 3 cycles of chemotherapy.

Methods

A prospective cohort study design was adopted and systematic sampling used to recruit participants.

Results

The study enrolled a total of 142 participants and majority (59.2%) had stage 2 cancer. The mean age of participants was 49 years SD 11.9. Ductal carcinoma was the most common diagnosed breast cancer type (97.9%). There were twice (66.9%) as many participants receiving adjuvant than neo-adjuvant chemotherapy (31.7%). Mean weight was 66.6 SD 13.6 and 66.1 SD 13.2 at 1st and 3rd cycles. Mean BMI was 25.8 SD 4.9 and 25.7 SD 5.0 at first and third cycles. At the 1st cycle, the highest proportion (53.5%) of participants was overweight and obese. Overall mean weight change was 0.4kg SD 1.6. Most (56.6%) participants experienced weight gain between first and second cycle while 48.2% experienced weight loss between first and third cycle. There was no significant difference between weight change at 1st and 2nd cycle and overall weight change ($P > 0.05$).

Conclusion

A significant association between weight at 1st cycle and overall weight change ($p < 0.05$) was reported. There is need for early initiation of weight management among breast cancer patients receiving chemotherapy.