



# LIFESTYLE COUNSELING AND METABOLIC ASSESSMENT IN NON-METASTATIC BREAST CANCER PATIENTS UNDERGOING SURGERY: A CALL FOR SPECIFIC GUIDELINES

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## Background and aims

Breast Cancer (BC) is the most diagnosed cancer worldwide. Obesity and overweight increase the perioperative complications in BC patients and negatively impact on the oncologic outcomes. Preoperative nutritional counseling and metabolic screening should therefore be mandatory to assess risk stratification for BC patients. Unfortunately, this is not the case in clinical practice and specific nutritional guidelines are not available for overweight/obese women diagnosed with BC.

## Methods

591 non-metastatic BC patients waiting for surgery at Fondazione Policlinico Gemelli (FPG), underwent a nutritional counseling, anthropometric measurements (weight, height, waist, and hips circumference), body composition analysis using Bioelectrical Impedance Analysis (BIA), Mini Nutritional Assessment (MNA<sup>®</sup>) and the International Physical Activity Questionnaires (IPAQ<sup>®</sup>).

## Results

Based on the anthropometric measurements, 49,5% of our sample resulted overweight/obese, and only 1,7% underweight. Moreover, the waist circumference in 81% of patients exceeded 80 centimeters. BIA showed that 56% of our sample had an elevated percentage of fat mass (>30%). The risk of malnutrition was detected in 15% of patients, while only 5% resulted truly malnourished. Finally, 48% of the total population were physically inactive.

## Conclusions

BC patients show a low risk of malnutrition, but a significant risk of being overweight/obese; unfortunately, this clinical need often remains unmet, due to the lack of nutritional screenings and specific nutritional guidelines for BC patients. Preoperative nutritional screening can identify patients at risk for perioperative complications and allow early interventions of prehabilitation, in order to improve the compliance to anticancer treatments and reduce the risk of recurrence.

