

# Lifestyle Counseling and Metabolic Assessment in Breast Cancer Patients.

Patrizia Farina<sup>1</sup>, Carmela Franchella<sup>2</sup>, Eleonora Iorio<sup>2</sup>, Mattia Scipioni<sup>2</sup>, Gianluca Coppola<sup>3</sup>, Giovanni Della Valle<sup>3</sup>, Francesco Carrozza<sup>1</sup>

1. D.H. Oncology, "S. Timoteo" Hospital Termoli (CB)

2. LILT Campobasso Provincial Association

3. Breast Unit Molise - "A. Cardarelli" Hospital, Campobasso



ASSOCIAZIONE  
PROVINCIALE  
DI CAMPOBASSO



## Background

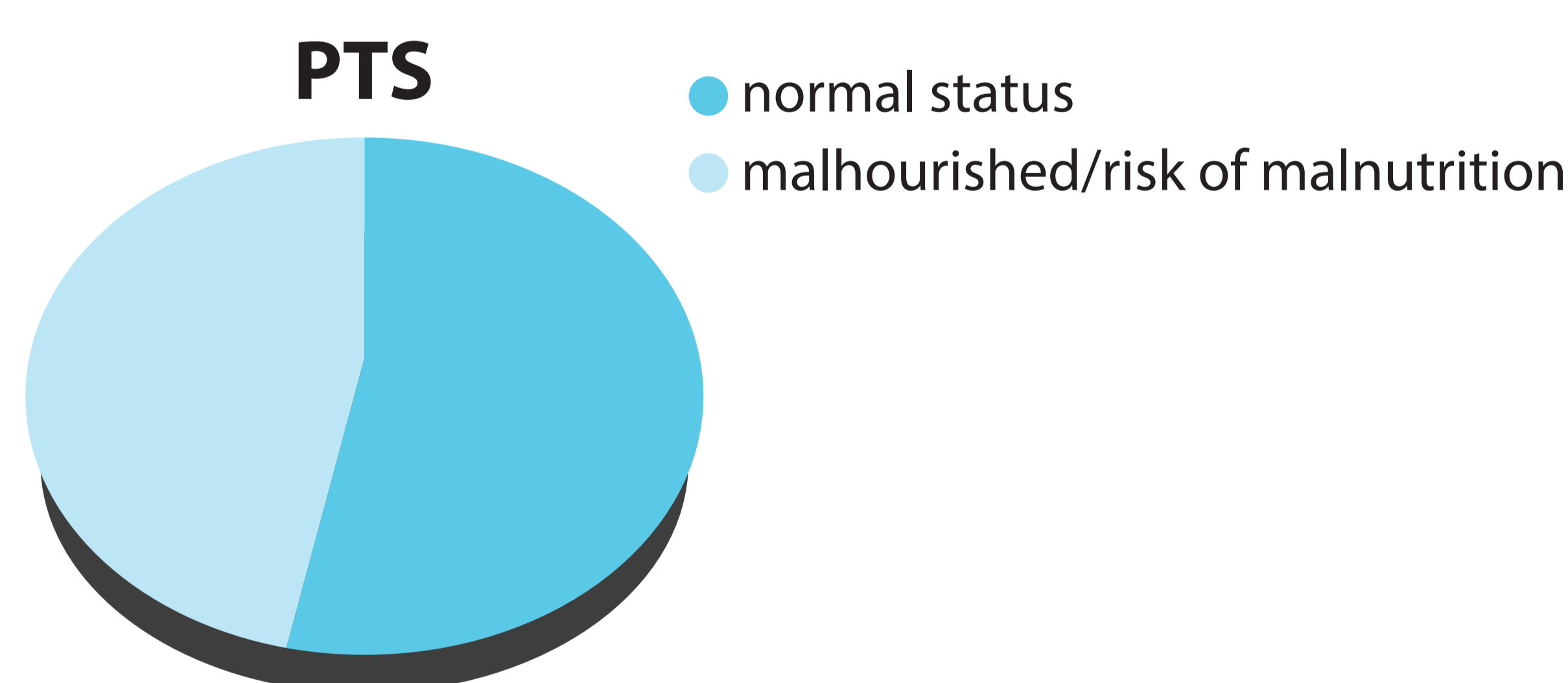
Breast Cancer (BC) is the most diagnosed cancer worldwide. There is growing evidence that *lifestyle factors, including diet, body weight and physical activity, may be associated with higher BC risk.* The goals of our study were to provide nutritional assessment and support in BC pts and to investigate effects of nutritional impairments.

## Material and methods

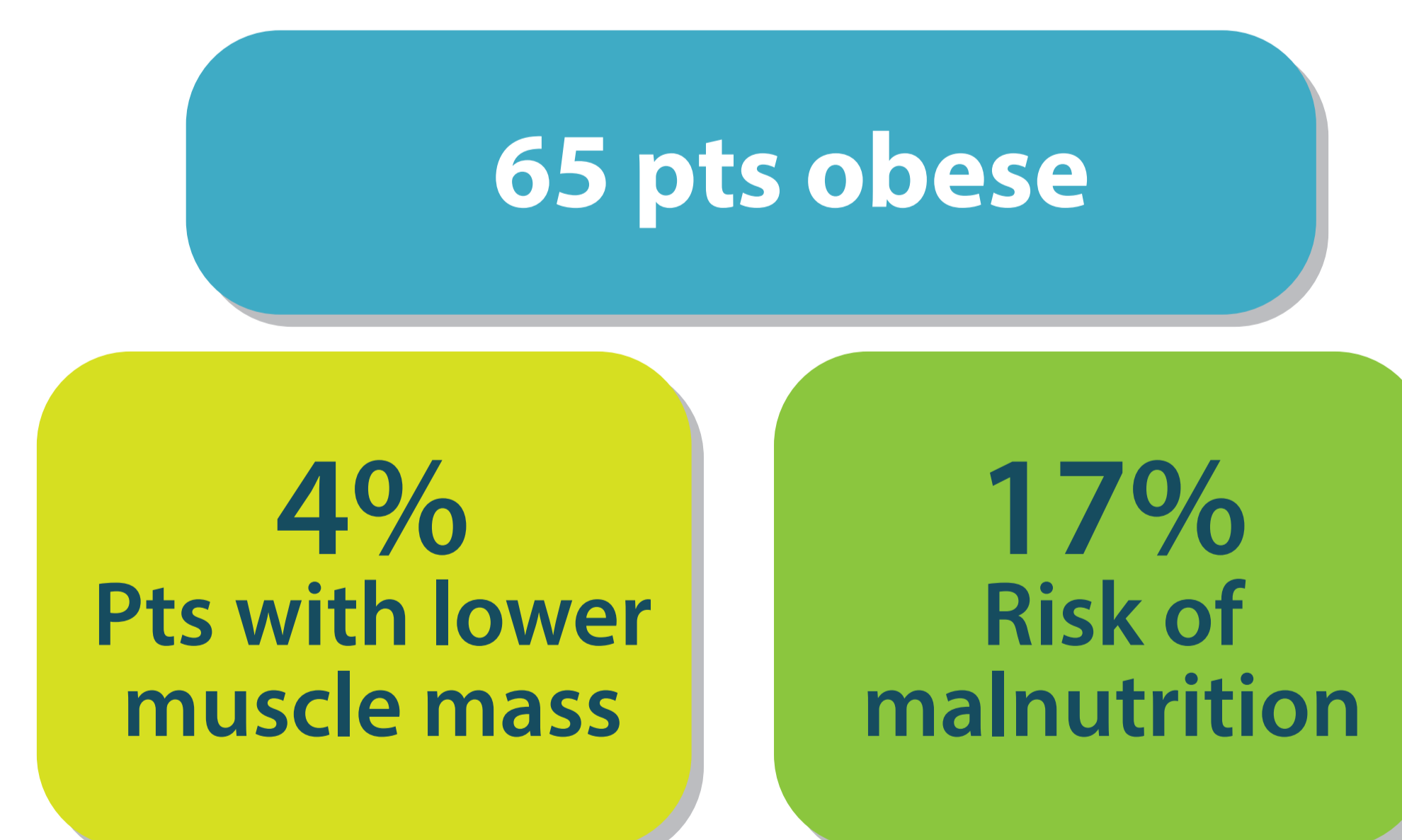
BC pts were addressed to nutritional assessment by the oncologist (December 2018-January 2023). At first evaluation, *Mini Nutritional Assessment questionnaire (MNA)* was filled up by pts and counseling or personalized nutritional program was provided. Parameters such as *Body Mass Index (BMI), Phase Angle (PA) and Bioelectrical Impedance Analysis (BIA)* was recorded at the first evaluation and after 3 months.

## Results

Eighty-eight pts with BC were analyzed. Based on the anthropometric measurements 65 pts (57 %) resulted overweight/obese and only 8 pts (7%) underweight. *At first evaluation, 86 pts completed MNA: 46 pts (39%) have a normal nutritional state, 40 pts (34%) are malnourished/risk of malnutrition. Of the 65 pts overweight/obese: 26 pts (17%) were at risk of malnutrition, 6 pts (4%) have a lower muscle mass. Sixty pts received a personalized nutritional plan. At second evaluation of 65 pts overweight/obese 30 pts reduced BMI and of 5 pts underweight 4 pts increased BMI.*



Tab. 1 BC pts Results of MNA



Tab. 2 Characteristic of Pts obese /overweight

## Conclusions

Our data confirm *an improvement of the nutritional status after a personalized nutritional program in pts that were at risk of malnutrition.* So it is very important to promote nutritional screening, personalized nutritional intervention and physical activity in oncology departments.