

Session R. Miscellanea

R55 **Style modification in breast and Colorectal Cancer Patients: results of a pilot study Long-Survivors**

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Observational evidence suggests that patients with breast and colon cancer who engage in moderate levels of physical activity after diagnosis have up to a 50% lower risk of recurrence compared with inactive individuals. Furthermore, excess body weight continues to be associated with an increased risk of breast cancer recurrence, and

preliminary data suggest that weight gain after breast cancer diagnosis may be associated also with a worse prognosis. Since March 2012, 35 early stage breast and 3 colorectal cancer patients (pts) have been enrolled in a nutritional and physical activity intervention observational study, as previously described. Briefly, a personalized nutritional intervention and regular leisure-time exercises or walking groups have been established. Pts have been followed monthly by a dietitian and the psychologist in order to verify compliance, strengthen motivation and monitor the weight trend. After six months of treatment all the parameters (and measurements at the start of treatment) are reassessed in order to evaluate the efficacy of the intervention. Median age is 53 years, 35 female and 3 male, median BMI 28. Nineteen out of 31 Breast cancer pts had been treated with chemotherapy followed by hormonotherapy and 7 had only hormonotherapy and 5 only chemotherapy. Up to now 21 pts have been fully evaluated. Adherence to the program was 65%. Non adherence was caused by the non motivated psychological attitude in 9 and by job and family problems in 4. In the patients who completed the program the median weight loss was 6,2 Kg (1,7-9,5). Twenty-three of the 25 compliant pts referred a satisfaction not only in their body image and self confidence but also a better quality of life throughout the 6 months' intervention. Most of them is continuing the physical activity of the study by themselves proving this project has changed in part their life-style. Supported by Fondazione Peretti.