



CHANGES IN BODY WEIGHT AND ADHERENCE TO MEDITERRANEAN DIET IN WOMEN ON NEO-/ADJUVANT THERAPY FOR BREAST CANCER: A RANDOMIZED CONTROLLED TRIAL

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Background and aims

Weight gain might occur very frequently in pre- and post-menopausal women with breast cancer (BC) after diagnosis as well as during follow-up. Findings show that a high adherence to the Mediterranean dietary pattern (MD) may have a beneficial role on BC outcomes. This study aimed to compare weight and adherence to MD in women with BC after 1-year of dietary intervention.

Methods

Women aged >18years and with a BMI<30kg/m² on neo-/adjuvant therapy for BC were enrolled. Energy and macronutrients were provided according to patient's needs and the recommendations given by the WCRF. Anthropometry and adherence to MD were assessed at baseline(V1) and after 1-year(V9). The 14-item Med-Diet questionnaire was used with the following scores: 0-5(low), 6-9(average) and ≥10(high).

Results

Eighty-five out 122 BC patients (age:49.2±11years) completed the assessment after 1 year. Body weight (V1:63.7.6±6.9 vs. V9:63.6±7.7kg; p=0.71) and BMI (V1:24.6±6.9 vs. V9: 24.6±2.9kg/m²;p=0.67) remained stable. Adherence to MD was high only in 20% of patients at baseline, but the percentage significantly increased (p=0.01), achieving 45%, after 1-year of intervention. Specifically, we observed a considerable increase in weekly consumption of fish and nuts (p=0.02) and a decrease in soft drinks (p=0.005) and commercial sweets or pastries (p=0.03). Additionally, both daily intake of red meat(p=0.01) and animal-based fat (p=0.02) were significantly reduced.

Conclusions

This evaluation showed the effectiveness of a tailored dietary intervention on body weight as well as on dietary patterns in BC patients on neo-/adjuvant therapy after 1-year, highlighting the importance of dietary counseling at the diagnosis and over the whole disease course.

