

Nutrition and Physical Activity Post Cholangiocarcinoma Diagnosis

Samantha Pear, Amelia Wagenknect, Melinda Bachini, Reham Abdel-Wahab
The Cholangiocarcinoma Foundation, USA, Kaufman Hall, USA,, University of Maryland, USA, Clinical Oncology
Department Faculty of Medicine, Assiut University, Egypt



INTRODUCTION

- Cholangiocarcinoma (CCA) is a rare and aggressive cancer with the majority of patients diagnosed at an advanced stage.
- Fatigue, the most common disease symptom and treatment side effects, could affect patients' physical activity levels, nutritional intake, and quality of life (QOL).
- Studies showed that maintaining adequate nutrition and physical activities improve patients' QOL and increase survival in breast, prostate, and other cancers.
- To date, there is limited data regarding nutritional status and physical activity in cholangiocarcinoma

METHODS

- During the 2022 CCA Foundation Annual Conference, a patient-reported symptoms survey was distributed via Survey Monkey to all conference patients and caregivers.
- Caregivers submitted responses on their patients' behalf.
- We used the validated Physical Activity Scale for The Elderly (PASE) to assess the physical activities, along with questions regarding nutritional status history pre- and post-diagnosis.

Parameters	Variables	Participants N=60 (%)
Participants	Patients	52 (87%)
	Caregivers	8 (13%)
Sex	Male	13 (22%)
	Female	47 (78%)
Race	White/Caucasian	58 (97%)
	Jewish Irani	1 (1%)
	Hispanic/Latino	1 (1%)
Diagnosis	iCCA	46 (77%)
	eCCA	6 (10%)
	pCCA	8 (13%)

RESULTS

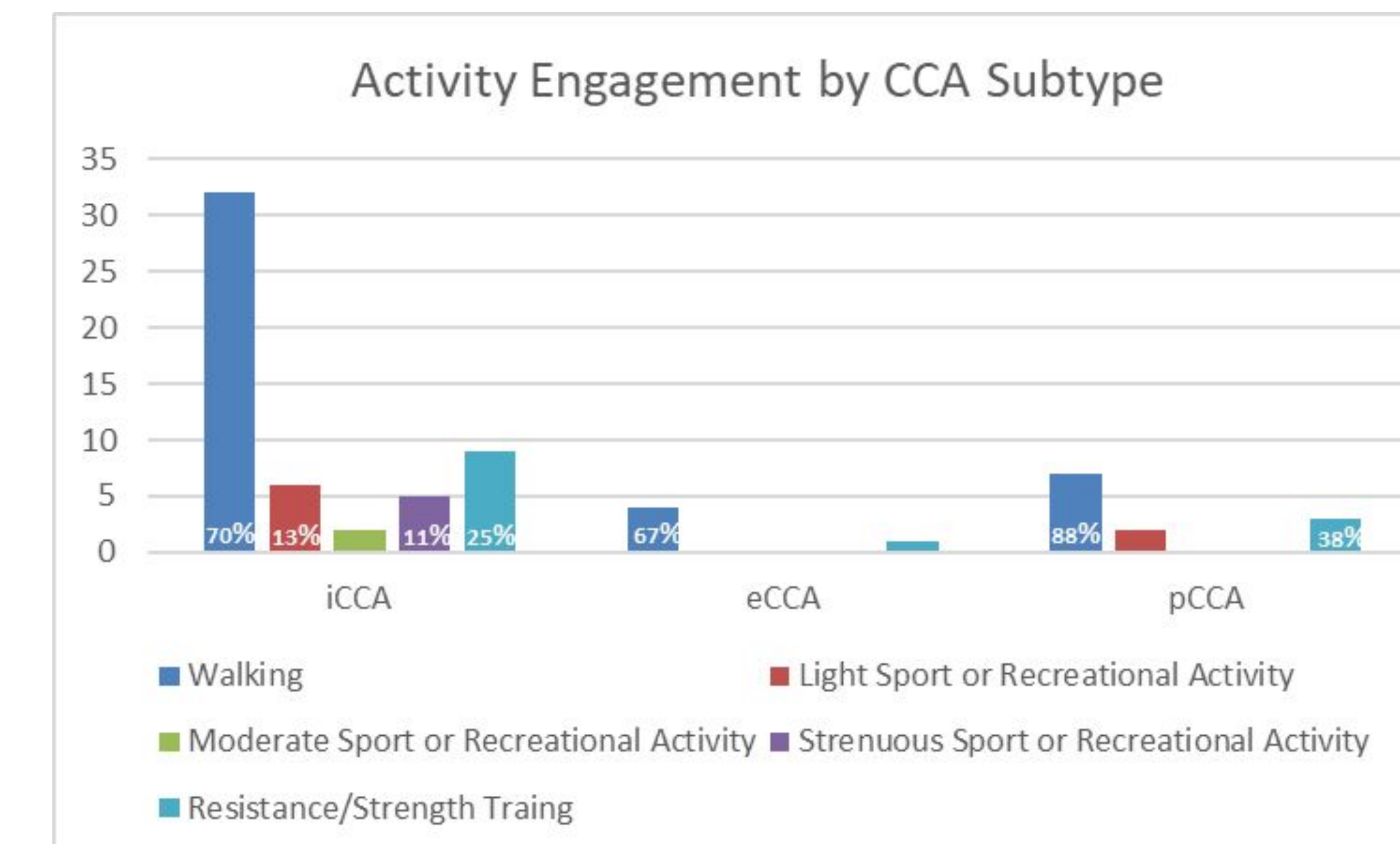
Type of Exercise	Frequency	Participants N=60 (%)
Walking	Never	4 (7%)
	Seldom	13 (22%)
	Sometimes	20 (33%)
	Often	23 (38%)
Light Sport or Recreational Activity	Never	43 (72%)
	Seldom	9 (15%)
	Sometimes	2 (3%)
	Often	6 (10%)
Moderate Sport or Recreational Activity	Never	52 (87%)
	Seldom	6 (10%)
	Sometimes	0 (0%)
	Often	2 (3%)
Strenuous Sport or Recreational Activity	Never	50 (83%)
	Seldom	5 (8%)
	Sometimes	5 (8%)
	Often	0 (0%)
Resistance/Strength Training	Never	30 (50%)
	Seldom	17 (28%)
	Sometimes	9 (15%)
	Often	4 (7%)

Type of Exercise	Frequency	Increased Diet	Decreased Diet	Unchanged Diet
Walking	No	0 (0%)	10 (59%)	7 (41%)
	Yes	7 (16%)	11 (26%)	25 (58%)
Resistance/Strength	No	3 (6%)	18 (38%)	26 (55%)
	Yes	4 (31%)	3 (23%)	6 (46%)

*Yes=Often & Sometimes

No=Seldom & Never

WALKING FREQUENCY BY SUBTYPE



CONCLUSIONS

- Nutritional status and physical activity can be critical keys to maintaining a cancer patient's QOL.
- A large epidemiological study is needed to
 - Monitor the caloric intake closely and food volume of patients by their nutritionists
 - Evaluate the association between physical activity and nutrition status with patients' performance status and treatment
 - Assess the impact of maintaining physical activity and adequate nutrition on patients' survival and QOL after adjusting for several confounding factors including patients' performance status, staging, treatment, etc.

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samantha.pear@cholangiocarcinoma.org