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Anthropometry and body composition outcomes from the PREDICOP trial –a randomized weight control trial among breast cancer survivors

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Background: Evidence shows that obesity and physical inactivity increase breast cancer (BC) risk among postmenopausal women and may also influence prognosis. Evidence from well-designed clinical trials remain insufficient. This study helps fill this gap by evaluating an intervention combining diet and exercise.

Objectives: The primary aim is to assess the effect of the intervention on cancer recurrence in BC survivors. Secondary objectives include evaluating changes in weight and body composition.

Design: A multicentre randomized controlled trial was conducted in seven hospitals. Eligible participants were women aged 18-75 years with non-metastatic BC who have completed standard treatment. Participants were randomly assigned to intervention or control group. The control group received usual care, while the intervention group participated in a 1-year lifestyle program including a calorie reduction diet and moderate-intensity exercise sessions.

Outcomes: The primary outcome for this analysis was weight control at one year, defined as achieving >5% weight loss for women with BMI>25 or maintaining normal weight for women with BMI<25. Secondary outcomes included weight change, BMI and fat mass%.

Results: Of 699 women initially enrolled, 644 were included: 321 assigned to the intervention group and 323 to the control group. At baseline, the mean age of participants was 53.3(sd9.1), 51.3% were postmenopausal and mean BMI was 27(sd4.8). Weight control was achieved by 60.2% of patients in the intervention group versus 45.5% in the control group ($p<0.0001$). Among women with BMI>25, 70.5% in the intervention group and 43.1% in the control group lost weight. At 12 months, the intervention group had significant lower weight, BMI and fat mass% than the control group. Mean weight loss in the intervention group was 2.2%(95%CI:1.5,2.9), while the control group gained 0.8%(0.0,1.6).

Discussion: In this clinical trial, a combined diet and physical activity intervention induced significant weight control, weight loss and reduction in fat mass.

Keywords

Diet, physical activity, trial, breast cancer prognosis

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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