Abstract

Introduction: Unwanted changes in body composition, as well as their impact on these people’s quality of life, have been little investigated in patients with breast cancer. Objective: To assess the role of body composition on quality of life and the impact of chemotherapy on both, in women with breast cancer. Methods: It was assessed prospectively women with breast cancer in a cohort of patients undergoing chemotherapy. Body composition was estimated through bioelectrical impedance. The quality of life was evaluated using the World Health Organization quality of life questionnaire. Results: This study assessed 70 women, 77 and 73% of those were initially overweight and had excess of body fat, respectively. There was a significant increase in fat-free mass (p > 0.001), body mass index (p = 0.03) and weight (p = 0.02) while quality of life stayed the same during the study. Moreover, women with excess of body fat showed a significantly lower initial general health score, compared to those with normal body fat (p = 0.02). Conclusions: Chemotherapy proved to be a potential inducer in the weight gain in this population. We highlight the importance of further investigation about the impact of body fat accumulation on those women’s quality of life.

Keywords

Key words, Body composition, Breast cancer, Quality of life, Obesity, Sarcopenia.