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## INTRODUCTION

Involuntary weight loss in advanced cancer patients is:

- A precursor to cancer cachexia, a syndrome defined by ongoing muscle atrophy & sarcopenia<sup>1</sup>
- Often associated with disease progression & shortened survival<sup>2,3</sup>

There is a lack of acceptable long-term pharmacological treatments<sup>4</sup>

## OBJECTIVES

To understand how members of the Advanced Practitioner Society of Hematology and Oncology (APSHO) and the Hematology/Oncology Pharmacy Association (HOPA) view weight loss in advanced cancer patients

## METHODS

- Two individual online 4-item surveys
- Respondents were questioned about
  - how their practice monitors weight loss over time in advanced cancer patients and
  - their views toward the sufficiency of currently available treatments for weight loss

### Survey 1: APSHO members

- Conducted 8 Jan - 6 Feb 2016
- Open to all APSHO members
- PollDaddy platform

### Survey 2: HOPA members

- Conducted 21 Oct - 24 Nov 2015
- Open to all HOPA members
- SurveyMonkey platform

## RESULTS

### Survey Participants

- N=152 (APSHO:75 and HOPA:77)
- Responses summarized descriptively for each survey

### Current Assessments of Weight Change (Figure 1)

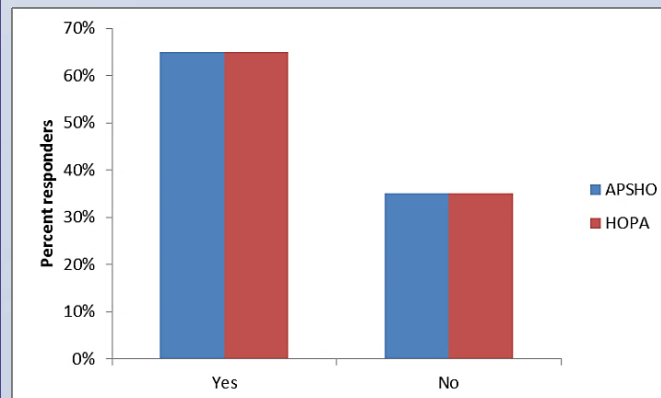
Equally high number of respondents in both surveys reported having a system or program in their practice for identifying trends in changing body weight over time.

### Current Treatments for Weight Loss (Figure 2)

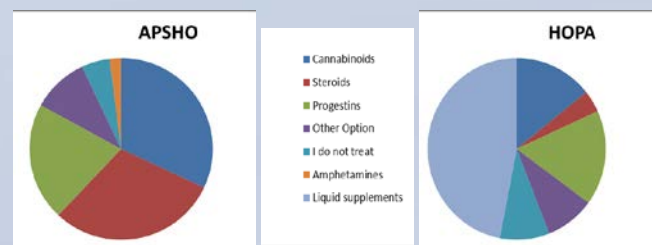
- **APSHO:** Most commonly used were cannabinoids (32%), steroids (30%), progestins (21%), with only 5% indicating they did not treat weight loss
- **HOPA:** Most commonly used were nutritional supplements (47%), progestins (17%), cannabinoids (14%), with 9% indicating they did not treat weight loss

## RESULTS (cont.)

**Figure 1:** Response to "In your practice/institution, do you have a system or program for identifying trends in changing weight over time?"



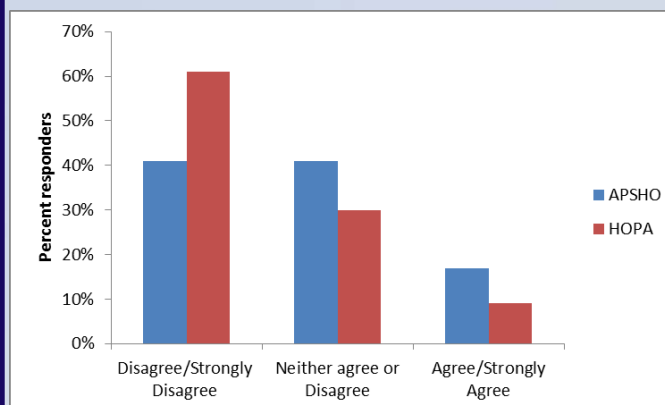
**Figure 2:** Response to "What are you currently using to treat weight loss in your advanced cancer patients?"



**Opinions on Currently Available Treatments for Weight Loss (Figure 3)**

Only 17% of APSHO and 9% of HOPA respondents agreed that current treatments are effective and have an acceptable safety profile for the long-term management of patients with weight loss.

**Figure 3:** Response to "Current treatments available are effective and have an acceptable safety profile for the long-term management of patients with weight loss"



Note: Options of 'Agree and Strongly Agree' as well as for 'Disagree and Strongly Disagree' were merged for presentation purposes

## CONCLUSIONS

- Both surveys represent agreement between the advanced practitioners and oncology pharmacists viewpoints as their responses are comparable
- These two surveys highlight concerns related to the importance of monitoring weight loss in their cancer patients and the lack of safe, effective long-term treatment options currently available
- The respondents indicated that management of weight loss is a major unmet need in advanced cancer patients

## REFERENCES

1. Ross PJ, et al. British Journal of Cancer. 2004; 90: 1905-11. 2. LeBlanc TW, et al. J Pain Symptom Manage. 2015;49:680-9. 3. Fearon K, et al. Nat Rev Clin Oncol. 2013;10:90-9. 4. Macciò A, et al. Expert Opin Pharmacother. 2012;13:2453-72.

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