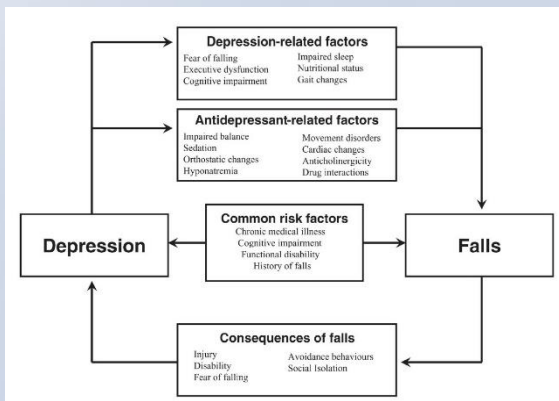


BACKGROUND

- Sixty percent of cancer patients are age 65 years of age and older. By 2030, this will rise to 70%.
- Falls are common in the older population, with one third of individuals ≥ 65 years falling at least once a year
- Depression is also common in old age, with 15% of community-dwelling seniors reporting clinically depressive symptoms.

Figure 1: Interaction between Depression and Falls



Reprinted from "the Complex Interplay of Depression and Falls in Older Adults: A Clinical Review," by A. Iaboni, 2013. *Am J Geriatr Psychiatry*, 21(5), 484-492.

OBJECTIVE

- Our objective was to identify the association of major depression and falls in older cancer patients

METHODS

- Patients were 65 years of age and older, undergoing cancer care at our institution.
- Prospective data collection and retrospective analysis.
- Patients underwent a comprehensive geriatric assessment including cognitive, functional, nutritional, physical, and comorbidity assessment.
- Depression was assessed by the Personal Health Questionnaire-9. Scores 10 and above were suggestive of major depression. Findings were confirmed by clinical assessment.
- Patients reported falls within the past 6 months.
- Analysis: Descriptive statistics and univariate analysis (SAS 9.3, Cary, NC)

RESULTS

- We enrolled 304 patients and 215 patients with available fall information were included for final analysis.
- The mean age was 79.2 ± 6.9 years.
- 77 patients (36%) reported one or more falls in the preceding six months.
- 55 patients (26%) had a diagnosis of major depression.

Table 1: Patient Characteristics by Fall Status

Characteristics	Falls			OR (95%CI)	P-value		
	Yes	No	Total				
Age(years), Mean(SD)	79.4(7.5)	79.2(6.6)	79.2(6.9)	1.00 (0.96, 1.05)	0.85		
Gender	Female	42(54.5)	67(48.5)	109(50.7)	Ref	0.40	
	Male	35(45.5)	71(51.5)	106(49.3)	0.78 (0.45, 1.38)		
Major depression	No	28(36.4)	27(20.0)	55(25.9)	Ref	<0.01	
	Yes	49(63.6)	108(80.0)	157(74.1)	2.29 (1.22, 4.28)		
Cancer Type	Solid Tumor	55(71.4)	89(65.0)	144(67.3)	Ref	0.33	
	Hematologic	22(28.6)	48(35.0)	70(32.7)	0.74 (0.41, 1.36)		
Cancer Type - Solid Tumor	Major depression	No	35(63.6)	70(81.4)	105(74.5)	Ref	0.02
	Yes	20(36.4)	16(18.6)	36(25.5)	2.50 (1.15, 5.41)		
Cancer Type - Hematologic	Major depression	No	14(63.6)	37(77.1)	51(72.9)	Ref	0.24
	Yes	8(36.4)	11(22.9)	19(27.1)	1.92 (0.64, 5.77)		

CONCLUSIONS

- Major depression was associated with a two-fold increased risk for falls. When stratified into cancer type, this association remained only in patients with solid tumors.
- Major depression is a potentially treatable risk factor for falls.
- Depression screening can be a helpful tool to evaluate falls risk in older cancer patients.
- Future directions would look into benefit of depression treatment to reduce falls risk.

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