Effects of a combined exercise and dietary intervention in women with ovarian cancer: results of the PADOVA trial

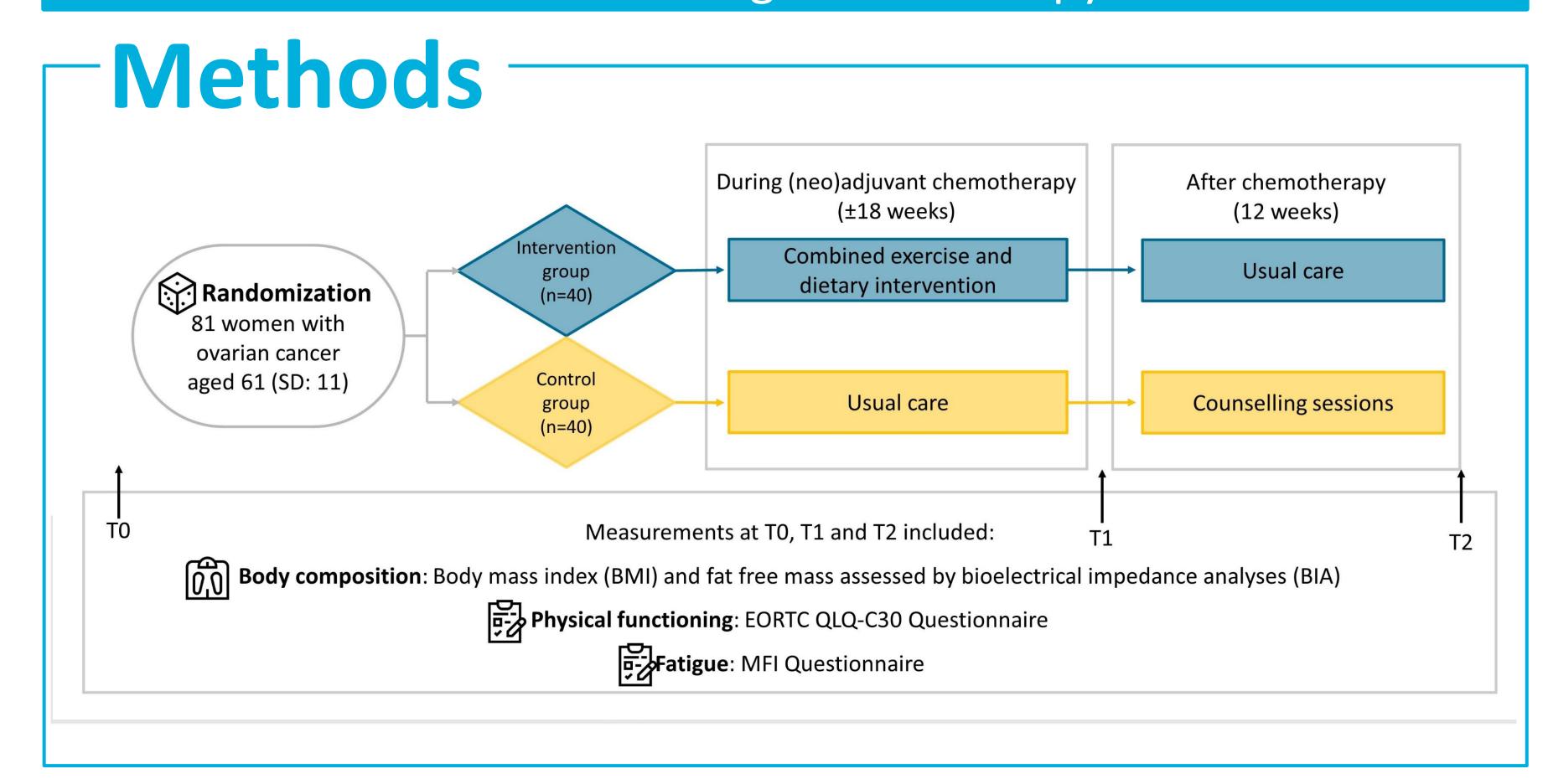
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Introduction



- Guidelines recommend physical exercise to form part of standard care for ALL cancer survivors
- However, ovarian cancer has very distinct disease and treatment trajectory
- Unclear whether findings of other cancer populations are generalizable to women with ovarian cancer

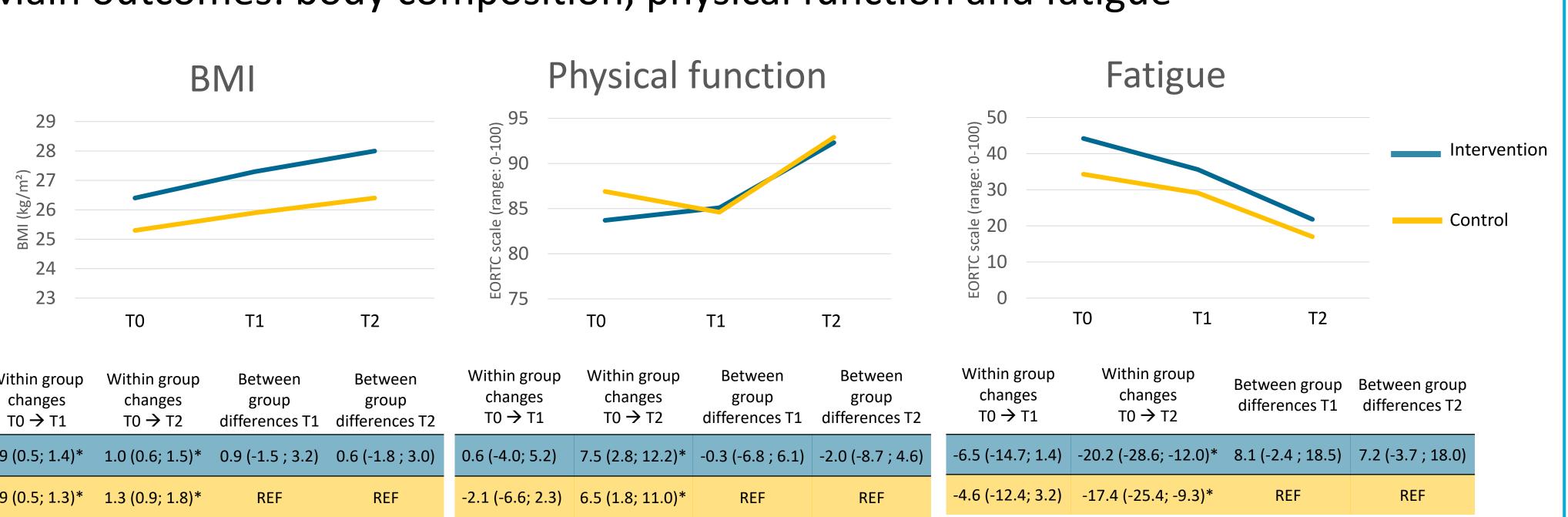
Aim: To examine the effectiveness of a combined exercise and dietary intervention on body composition, physical function, and fatigue and explored effects on chemotherapy relative dose intensity and progression free survival in women with ovarian cancer during chemotherapy.



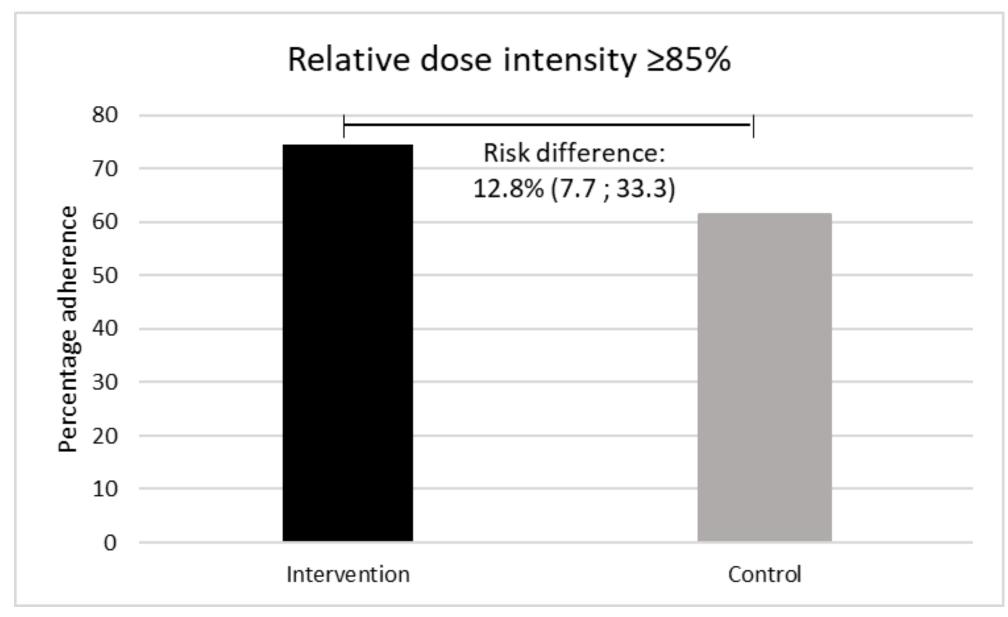
-Results

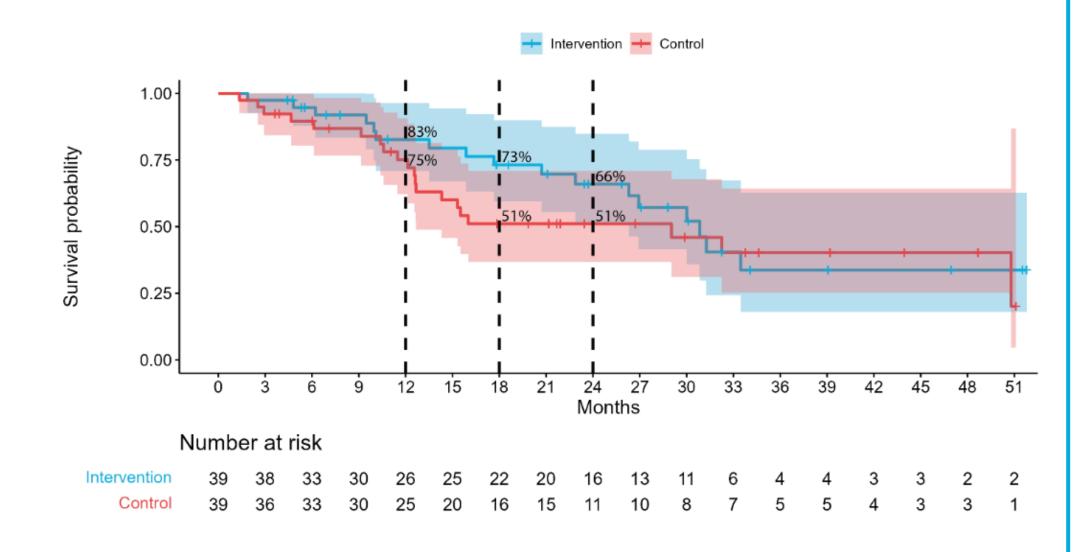
Median PASE score at baseline: 50 (IQR: 24 – 94).

Main outcomes: body composition, physical function and fatigue



Exploratory outcomes: chemotherapy relative dose intensity and progression free survival





-Discussion

- Women with ovarian cancer are physically inactive
- Similar trajectories for body composition, physical function and fatigue in both groups, independent of the given intervention.
- No statistically significant effects on body composition, physical function, and fatigue.
- Promising trends for chemotherapy relative dose intensity and progression free survival.

Conclusion

- Exercise may not be superior to natural recovery for BMI, physical function and fatigue in women with ovarian cancer.
- Results show that findings of other cancer populations are not forthrightly generalizable to women with ovarian cancer
- Importance of further investigations on clinical outcomes as primary endpoints!





