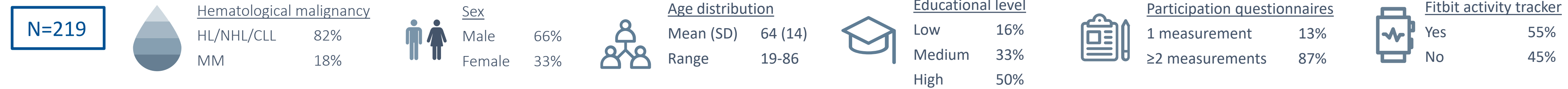


# Physical activity in relation to symptoms among patients with hematological cancer during their first half year of treatment.

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## Patient characteristics

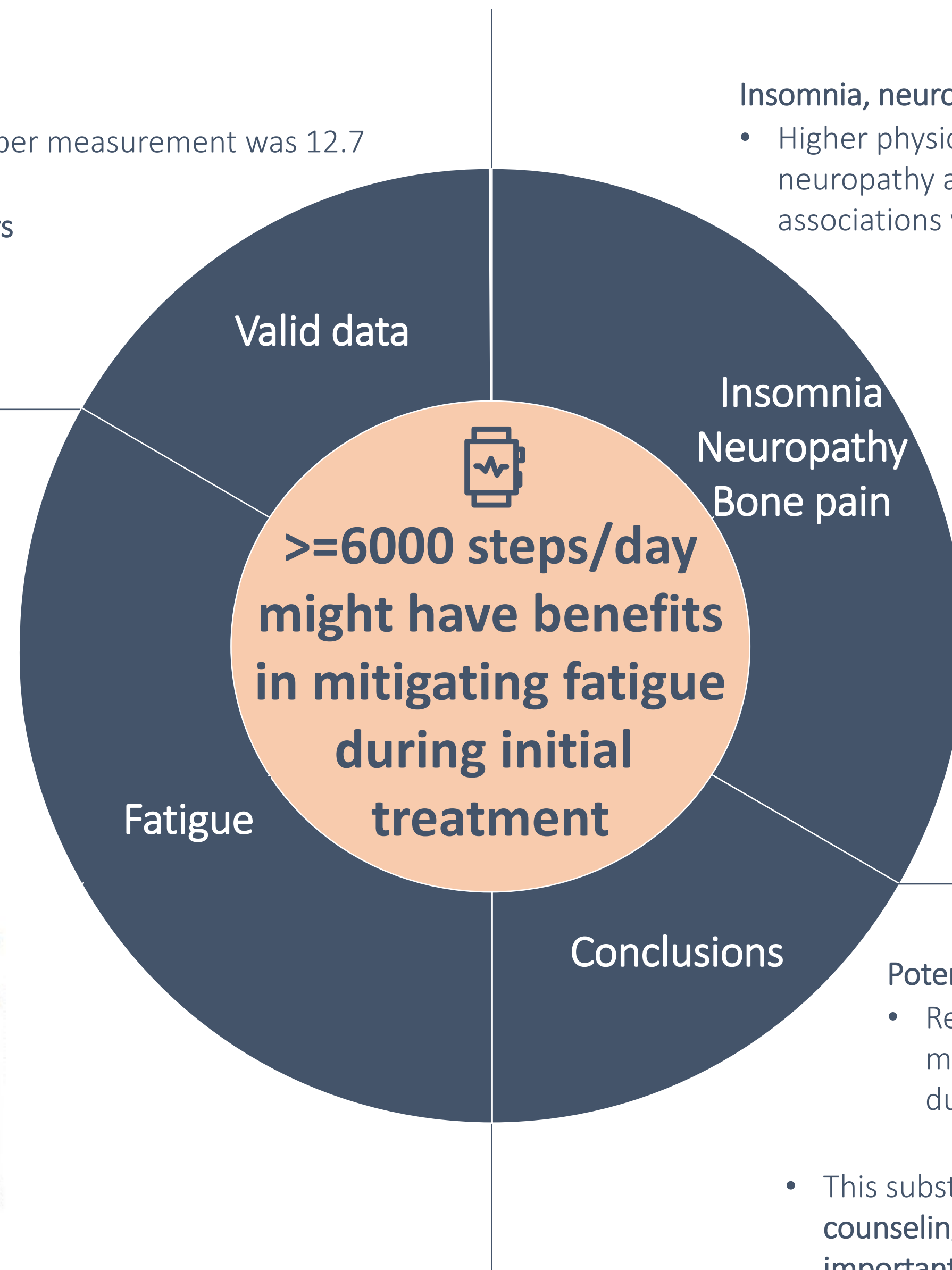
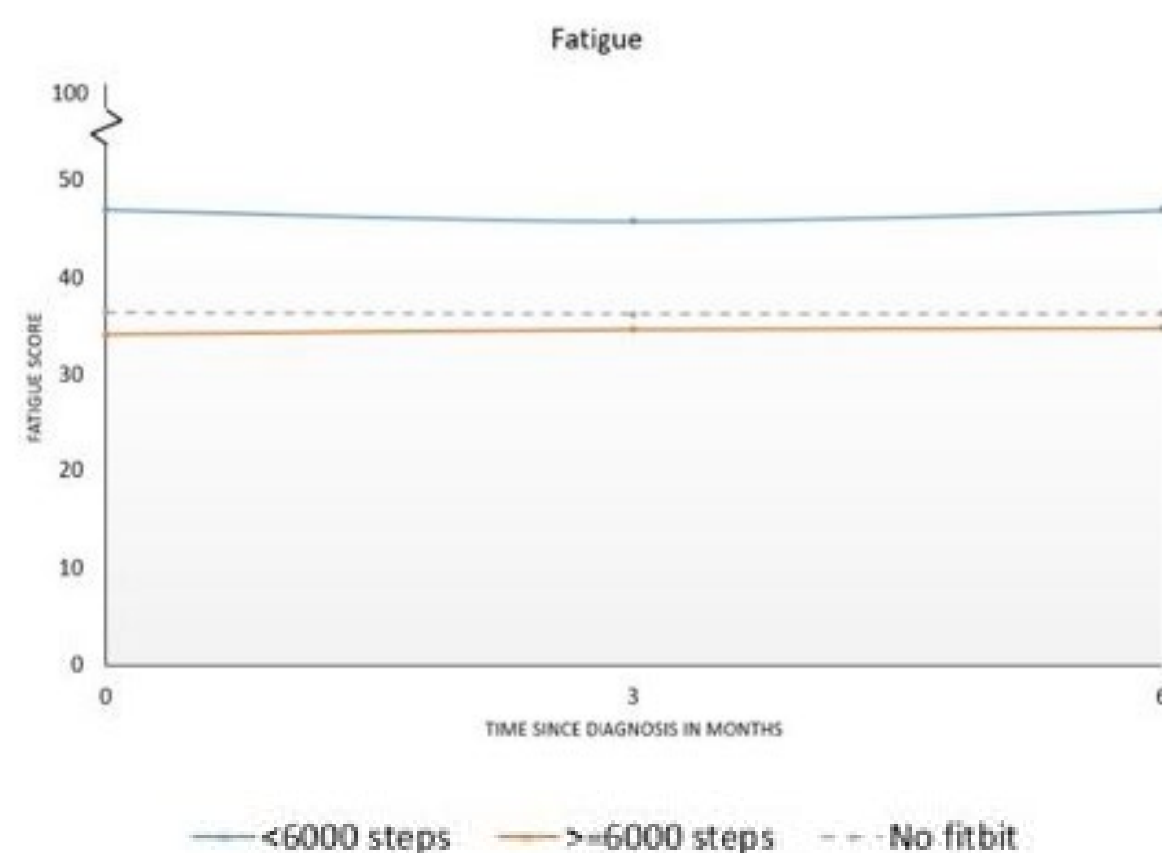


### Valid physical activity data

- The mean number of valid Fitbit days per measurement was 12.7 (SD 1.6; out of 14)
- 117 (97.5%) patients had at least 3 days with compliant data per measurement

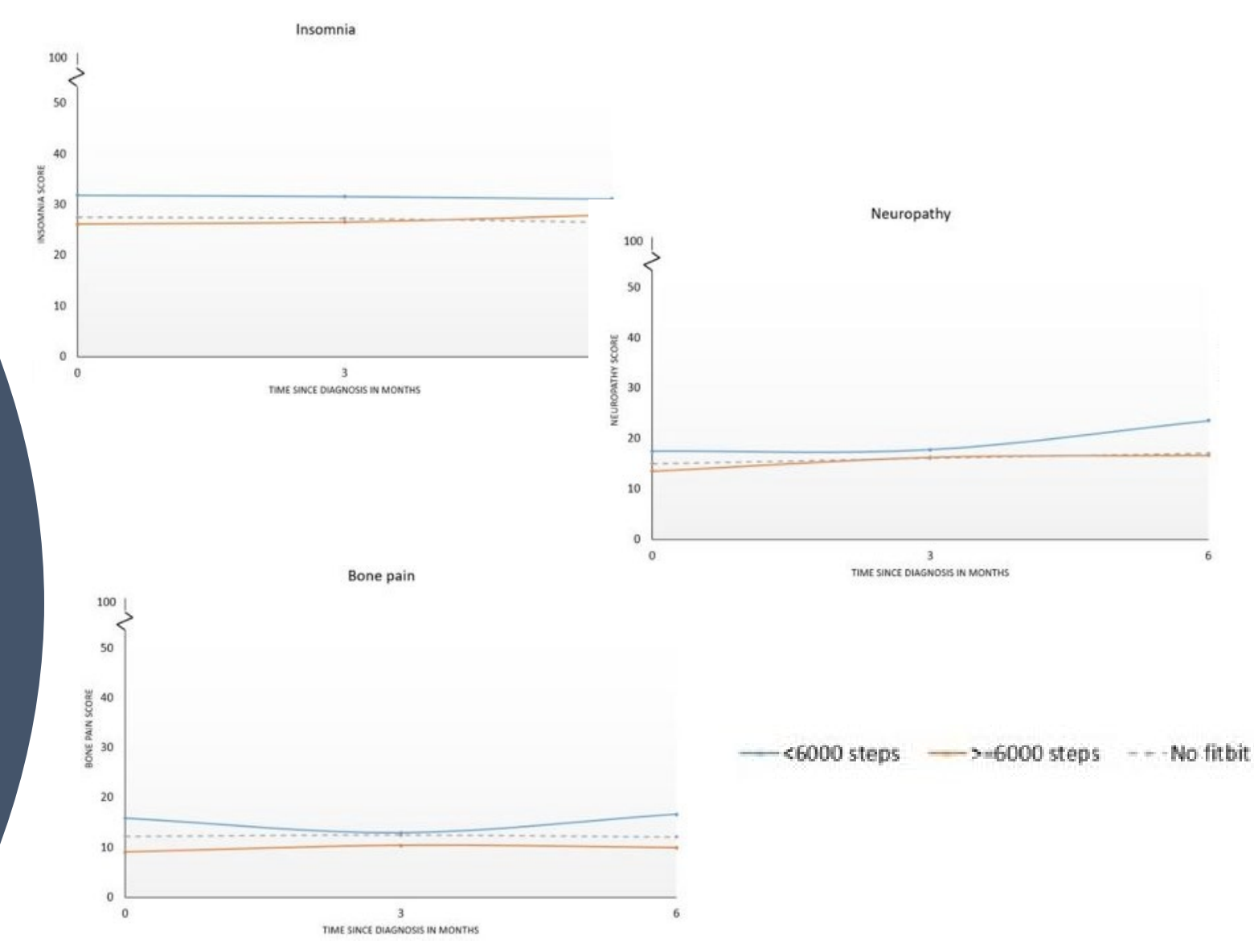
### Fatigue

- Compared to patients taking <6000 steps (N=49), patients taking ≥6000 steps (N=71) reported significantly lower fatigue scores at diagnosis and over time ( $\beta=-10.1$ ,  $p<0.05$ ; Figure 1), and reported less often clinically important fatigue at 6 months after diagnosis (<6000 steps 57% vs. ≥6000 steps 38%,  $p<0.05$ )



### Insomnia, neuropathy and bone pain

- Higher physical activity levels suggested less insomnia, neuropathy and bone pain, but no statistically significant associations were observed



### Potential benefit of higher physical activity levels

- Results showed that ≥6000 steps per day might have benefits in mitigating fatigue during initial treatment
- This substantiates that offering physical activity counseling during cancer treatment may be an important approach in reducing fatigue after cancer

## Introduction

To better guide patients in their physical activity level during initial treatment

- We longitudinally investigated associations between physical activity in relation to symptoms during the first half year of patients with lymphoma and multiple myeloma diagnosis

## Methods

Longitudinal population-based cohort

- Adult patients diagnosed with lymphoma or multiple myeloma between January 2021 and March 2022
- Data collection within the PROFILES registry
- EORTC QLQ-C30 and lymphoma-specific modules at diagnosis (before treatment), 3, and 6 months after diagnosis
- Clinical data from the Netherlands Cancer Registry

## Compliance definitions

- Patients wore a Fitbit activity tracker for 14 consecutive days at each measurement
- Physical activity was based on the average steps per day, calculated per measurement
- Compliant data for physical activity was defined as having a minimum of 3 valid days with, per measurement, at least 10-hour data per awake-time
- Physical activity was classified into <6000 steps, ≥6000 steps, or 'no Fitbit'