

# POSTOPERATIVE PHYSICAL ACTIVITY, GASTROINTESTINAL FUNCTION AND SYMPTOM, AND HEALTH-RELATED QUALITY OF LIFE IN PATIENTS WITH ESOPHGEAL CANCER

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## Objective

To explore how physical activity, gastrointestinal function, and Health-related quality of life are changed over time after surgery.

## Methods

- **Study design** : Prospective cohort study
- **Study participants** : Patients who were expected to have esophagectomy with curative intent at Samsung Medical Center in South Korea from March 2021 to October 2021 (N=284)

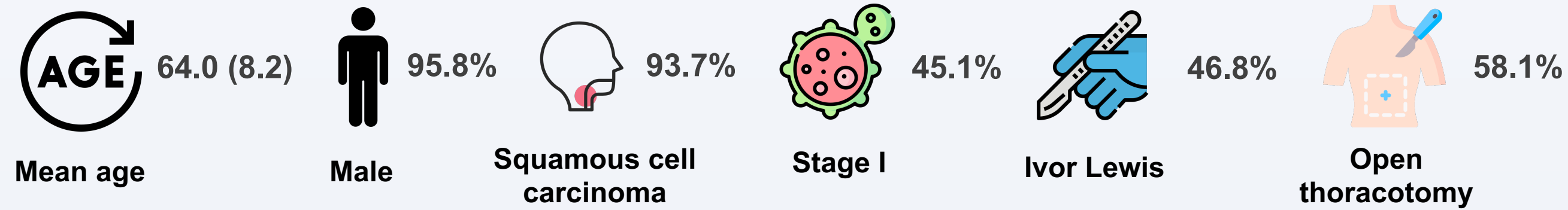
### Data collection :

Measurement	
Physical activity	Daily step count
	METS-week
	6MWT
Gastrointestinal function	IPAQ-SF
	GSRS
Health-related quality of life	EORTC QLQ-C30
	EORTC QLQ-OES18

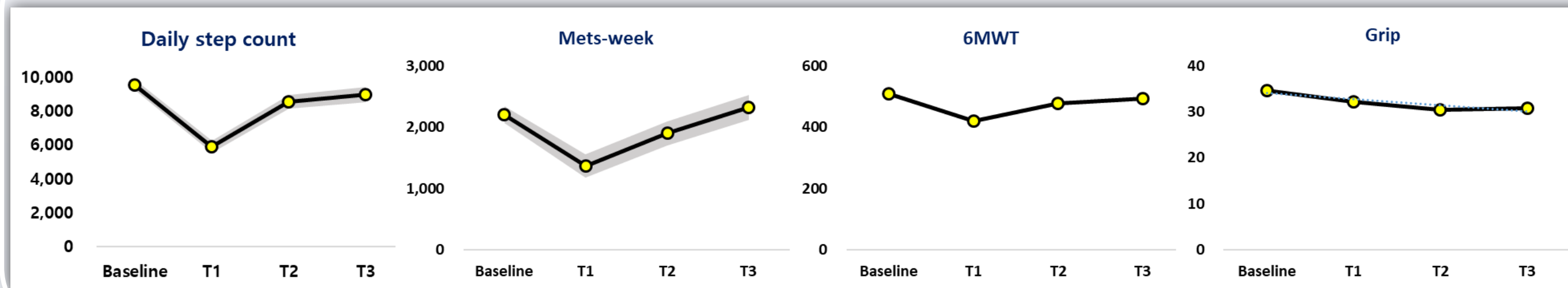
- **Statistical analysis** : Linear mixed model

## Results

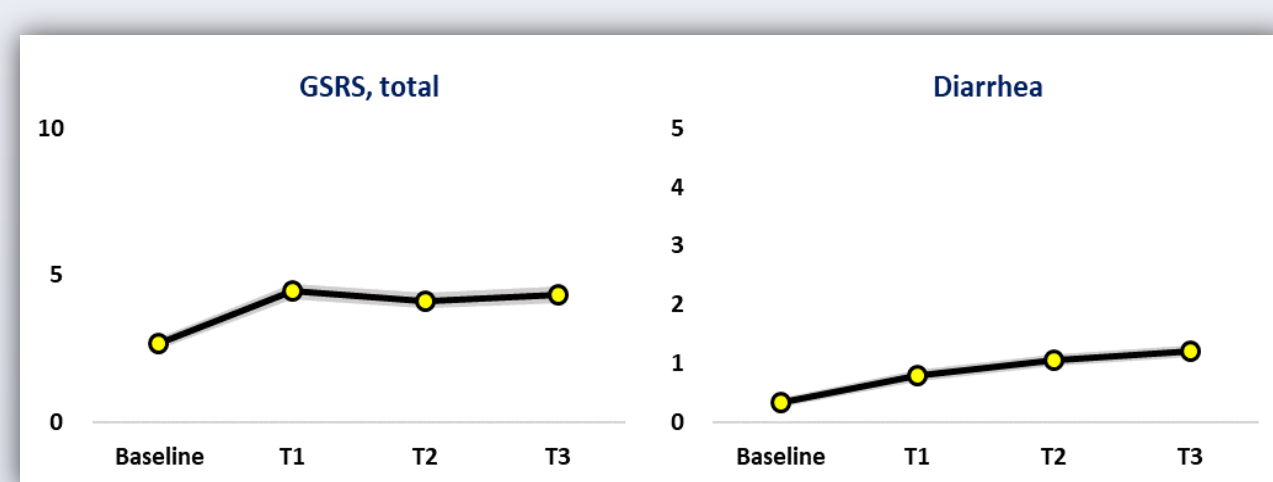
### Baseline Characteristics



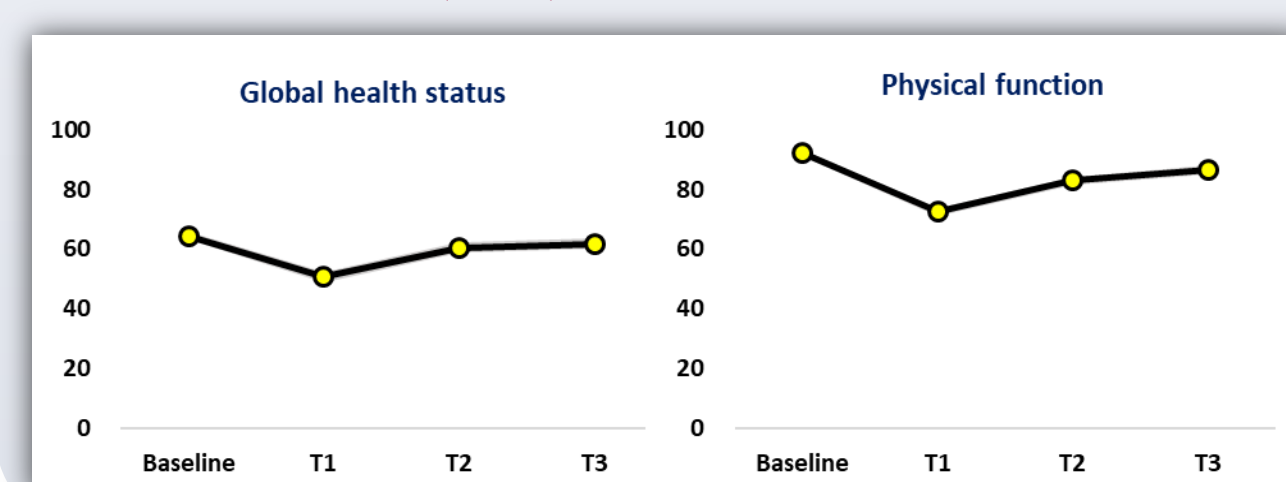
### Physical activity



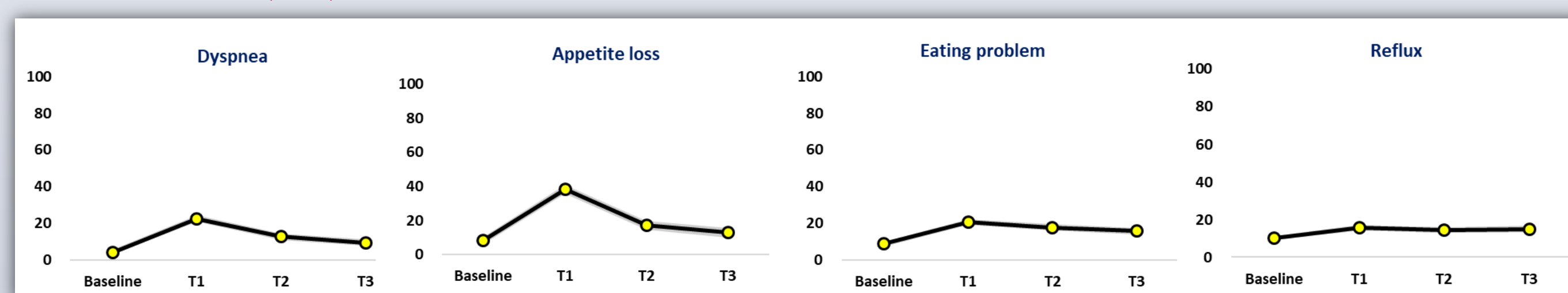
### GSRS



### EORTC QLQ-C30

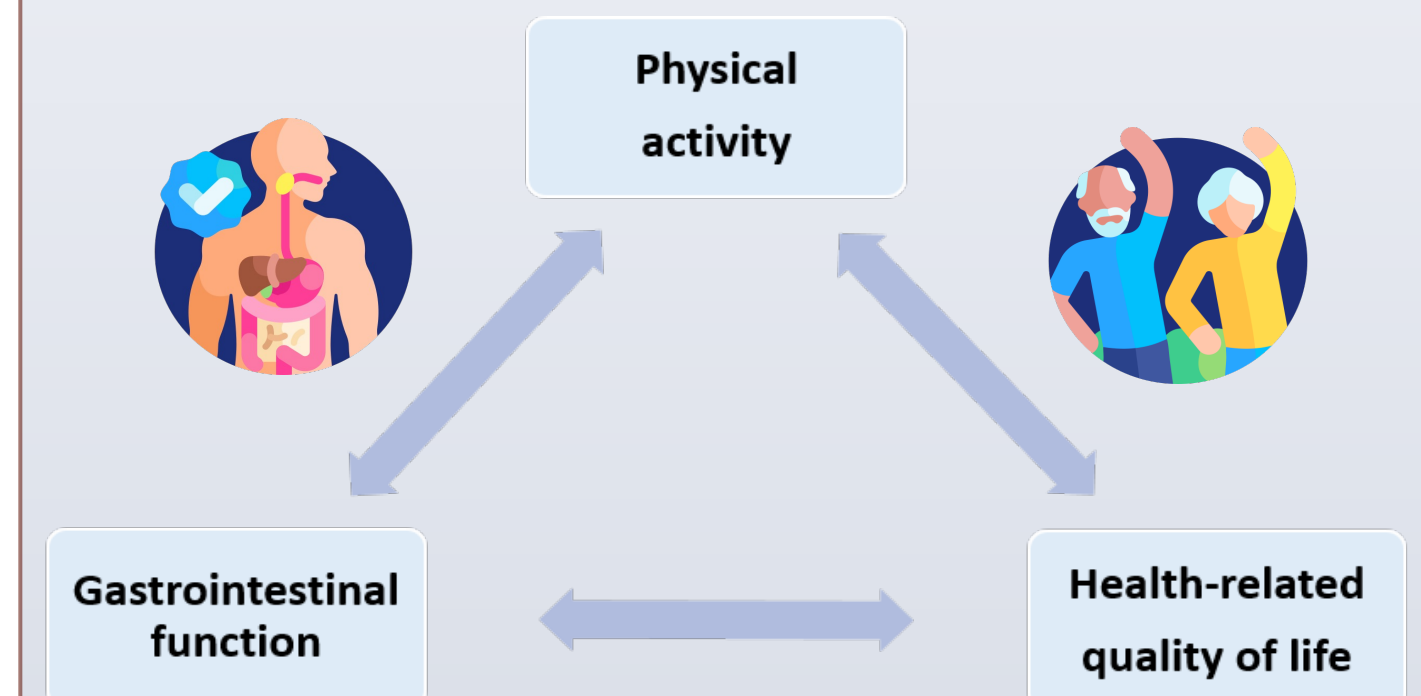


### EORTC QLQ-OES 18



## Discussion

Physical activity, gastrointestinal function, and quality of life reached their lowest points at 1 month postoperatively, and improved up to 1 year after. However, not fully recover to pre-surgery levels. Patients experienced symptoms like diarrhea, dyspnea, eating problems, reflux postoperatively, leading to a significant decline in health-related quality of life.



## References

Kim, H.K., J.I. Zo, and Y.M. Shim, Esophageal Cancer: Overcome the Hurdles and Reach for the Cure. Korean J Thorac Cardiovasc Surg, 2020. 53(4): p. 151.

Djarv, T., et al., Long-term health-related quality of life following surgery for oesophageal cancer. Br J Surg, 2008. 95(9): p. 1121-6.