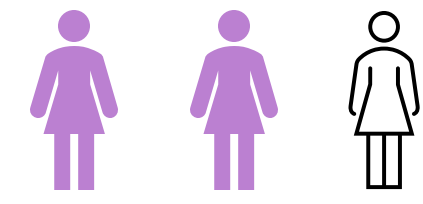


# PREDICTORS OF WEIGHT GAIN AFTER BREAST CANCER: FINDINGS FROM A LONGITUDINAL POPULATION-BASED STUDY

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## BACKGROUND



2 out of 3 women will gain weight after a breast cancer diagnosis



This can have a substantial negative impact on quality of life



Weight gain may be associated with ↑ disease recurrence and all-cause mortality



There is a paucity of longitudinal data on predictors of weight gain in Australian women

## METHODS/AIMS

1. Identify predictors of weight gain in women diagnosed with breast cancer, using data from the cohort born in 1946-51 of the **Australian Longitudinal Study of Women's Health** (aged 45-50 at initial survey in 1996).
2. Identify differences, if any, between the weight trajectories of women with and without breast cancer.

### Selected predictors included:



Age at diagnosis



BMI at diagnosis



Menopausal stage

### Data analysis:

Linear/logistic regression for weight and weight change predictors



## MAIN FINDINGS

***Breast cancer diagnosis did not predict clinically significant weight gain (+5% from previous).***

Previous higher BMI, lower physical activity and higher sedentary time were significant multivariate predictors of ***absolute weight gain***, while there was a ***small effect from breast cancer diagnosis*** (+ 0.761kg, CI 0.0041 – 1.481, p=0.038)

***Pre-menopausal status at diagnosis predicted higher weight gain in women diagnosed with breast cancer (Fig 1)***

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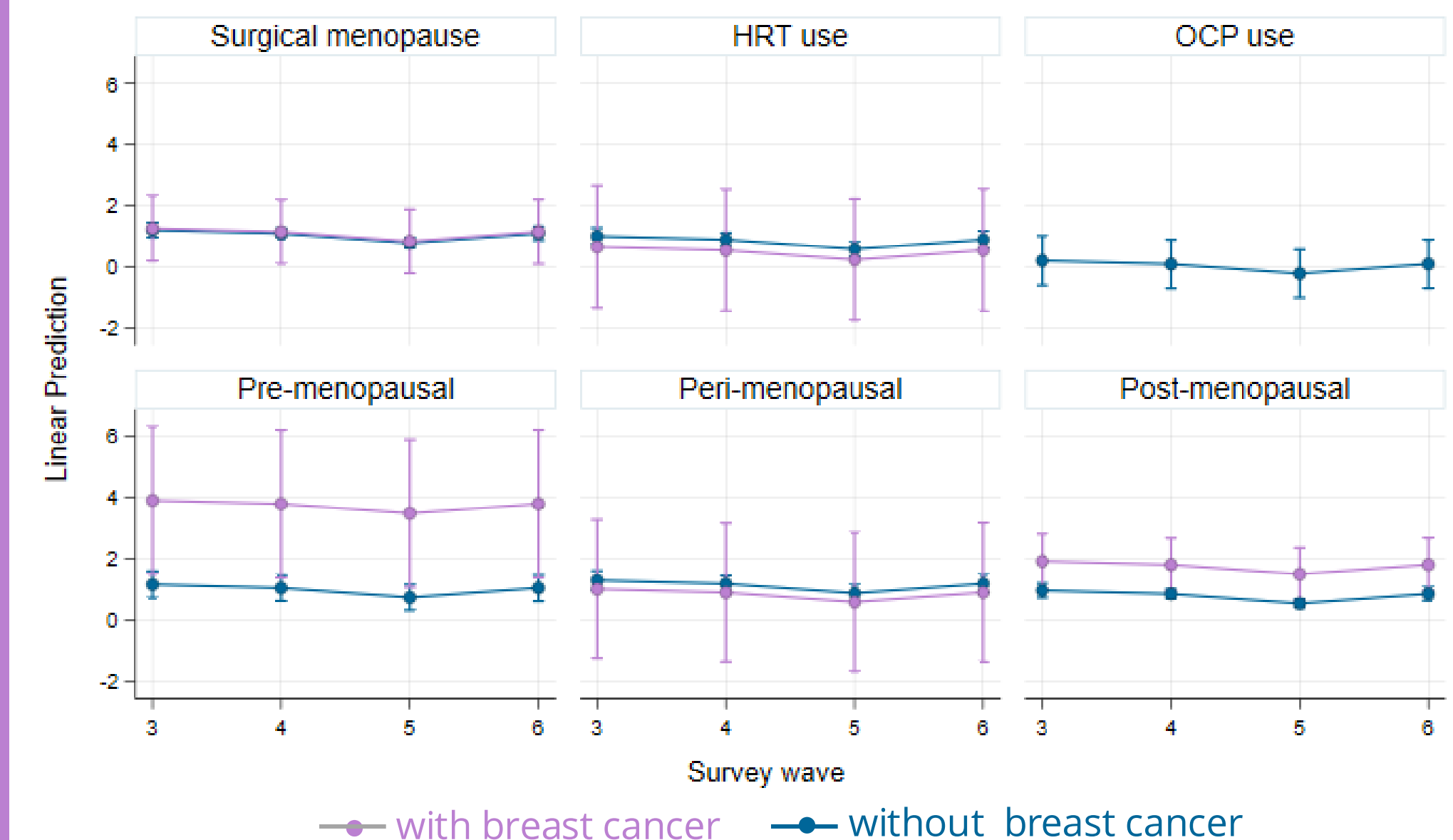
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## RESULTS

13,714 women responded to the initial survey. 58% completed survey 9. 757 women were diagnosed with breast cancer after survey 1.

Fig 1. Interaction of menopausal stage at diagnosis and breast cancer on weight change



## CONCLUSIONS AND FUTURE DIRECTIONS



Weight gain is common in midlife women, and is associated with well-known **health and socio-economic factors**



Breast cancer diagnosis has a **small additional impact on weight gain** in midlife



Women who are **premenopausal at diagnosis** may require additional weight management support, and underlying mechanisms of weight gain in this cohort should be explored