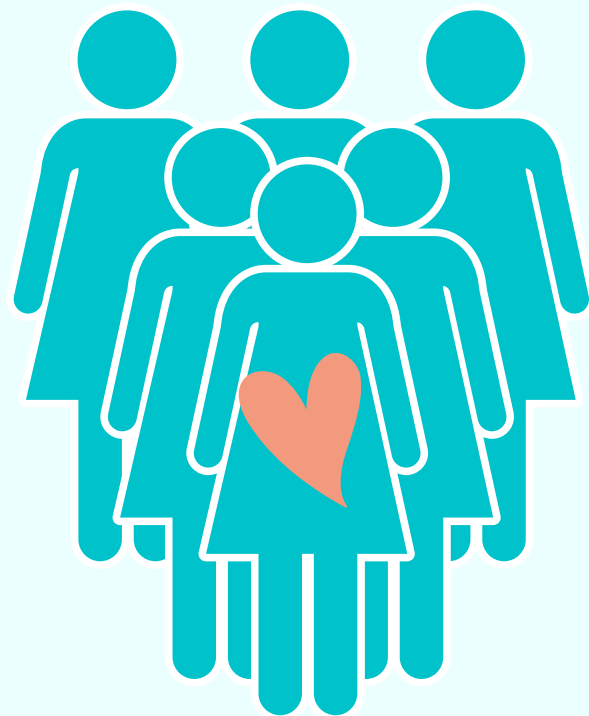


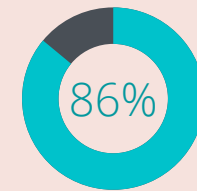
Addressing the gap in supportive care in metastatic breast cancer: A pilot study of an exercise and dietary intervention

Marina Reeves¹, Carolina Sandler, Tracey Di Sipio, Nicole McCarthy, Jennifer Muller, Sandi Hayes

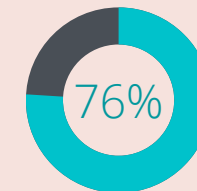


36 women with
metastatic BC

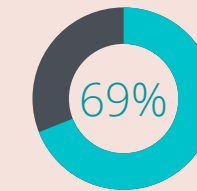
16-week individually-tailored,
exercise & dietary intervention
Aim to maintain muscle mass,
physical function & QoL



of eligible **consented**;
average 2.5 years post-
MBC diagnosis

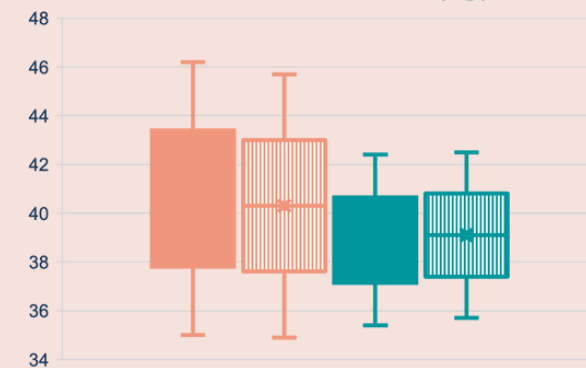


average **adherence** to
exercise & diet sessions



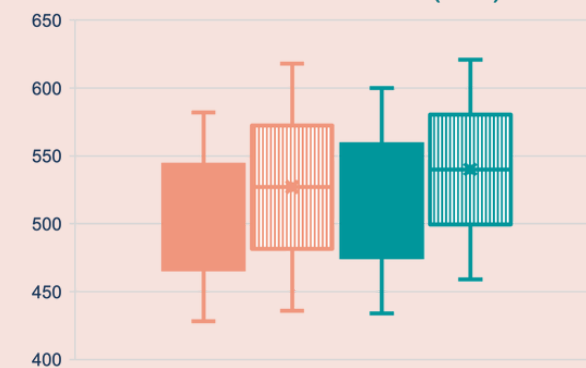
completed 16-week
follow-up; 13 with
disease progressions
during intervention

Lean Muscle Mass (kg)

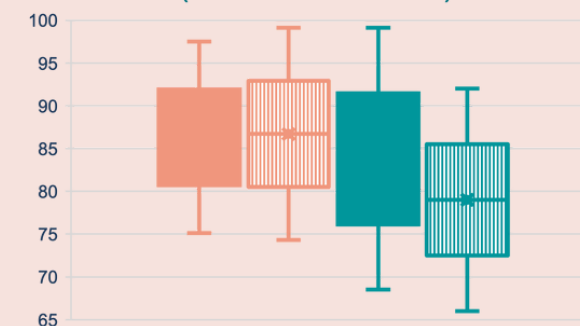


Objectively measured outcomes
were largely maintained, even in
those who experienced a disease
progression during the intervention

6-Minute Walk Test (min)



Physical Function
(EORTC QLQ-C30)



No disease progression:
baseline

Disease progression:
baseline

No disease progression:
16-week follow-up

Disease progression:
16-week follow-up

“
She gave me a program that
was briefer, but full of exercises
I loved doing, so that was the
answer for me... too often
exercise is seen as a
punishment. This was quite a joy
to do and something I still enjoy
doing.”

[The Dietitian] gave me the ok to not
beat myself up about what I was
eating and whether I was reducing my
caloric intake ... I was being pretty
tough on myself and she gave me
permission to stop all that craziness
and think about eating as a more
pleasurable, mindful thing.