

## ASSESSMENT OF ASTHENIA AND NUTRITIONAL STATUS IN WOMEN UNDERGOING BREAST CANCER TREATMENT

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**Introduction:** Breast cancer is the most common neoplasm among women in Brazil and worldwide, when non-melanoma skin tumors are excluded. Cancer treatment can trigger a systemic response characterized by inflammation, immunosuppression, and reduced energy metabolism. In addition, there are psychosocial factors that contribute to the onset of adverse events, with asthenia being one of the main ones during breast cancer treatment. **Objective:** To characterize the presence of asthenia and the nutritional status of women undergoing treatment for breast cancer. **Methods:** This is a retrospective study of a prospective observational cohort, conducted between January and September 2023, in private oncology clinics in the metropolitan area of Belém (Pará). Women aged 18 years or older and diagnosed with breast cancer at any stage of treatment were included. Data were collected during a nutritional consultation. Nutritional status was assessed by the Scored Patient-Generated Subjective Global Assessment (PG-SGA) and by the Body Mass Index (BMI), according to WHO criteria. The presence of asthenia was identified by self-report. To obtain the results, descriptive statistics were used to obtain measures of central tendency and dispersion, as well as absolute and percentage frequencies. The study is part of the project "Clinical and nutritional assessment of cancer patients treated at a private reference center in Belém-Pará", approved by the Research Ethics Committee (opinion no. 5,763,919). All participants included in the analysis signed the Free and Informed Consent Form. **Results:** A total of 131 women were included in the analysis. Their mean age was  $57.5 \pm 14.2$  years. Of these women, 55.7% (n = 73) had undergone some form of prior treatment at the time of the consultation. The assessment of nutritional status using the PG-SGA showed that 77.1% (n = 101) of the patients were classified as well-nourished (category A), 19.8% (n = 26) as moderately malnourished

(category B), and 3.1% (n = 4) as severely malnourished (category C). Regarding BMI, the median was 26.9 kg/m<sup>2</sup> (16.2; 43.1), and the majority of the sample (63.4%; n = 83) was overweight. The presence of asthenia was observed in 27.5% (n = 36) of patients, with the highest rates observed in elderly women (58.3%; n = 21), women classified as severely malnourished by the PG-SGA or underweight by the BMI (25%; n = 9), as well as in those who underwent three or more treatment modalities (19.4%; n = 7).

**Conclusion:** The majority of study participants had good nutritional status, however the presence of asthenia was greater in elderly women and those with compromised nutritional status, as well as in women who had already undergone multiple treatments. Therefore, the importance of identifying nutritional and functional risk in women with breast cancer is highlighted, aiming at early nutritional intervention to improve clinical outcomes and their quality of life.

**Keywords:** Breast neoplasm; nutritional status; patient outcome assessment.