

Paper Category:	Others
Paper Title: (Arial Font; 14 Pt Size)	Local Prevalence of Cancer Cachexia in a palliative care setting of Hong Kong
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <p>Background: Cancer cachexia is a devastating condition. It is associated with failure of anti-cancer treatment, lower mood, early mortality and poorer quality of life. While the definitions of cancer cachexia have been diverse in the past, the international consensus definition was established in 2011 for research and clinical use. There is no local prevalence data of cancer cachexia in Hong Kong.</p> <p>Objectives: This study aims to assess cancer cachexia prevalence in advanced cancer patients in a palliative care setting.</p> <p>Method: Consecutive advanced cancer patients from the palliative care unit of Shatin Hospital were enrolled in this cross-sectional study between May to September 2022. All subjects were classified into cachexia and non-cachexia status. Diagnosis is based on the 2011 international consensus with minor adaptation. It is made when either (1)weight loss exceeds 5% over the last six months (in the absence of simple starvation) or (2)weight loss exceeds 2% with BMI<20kg/m2.</p> <p>Results: 103 subjects were recruited. 67% were male. Patients in the cachexia group had a lower mean weight compared with non-cachexic group (52.8kg vs 59.5kg, p=0.002). BMI (kg/m2) (mean(SD)) was lower in cachexia group compared to non-cachexic group (19.7(3.4) vs. 23.2(4.3), p<0.001). Within the cachexia group, 50% of patients had normal BMI, whereas 9.4% and 4.7% were overweight and obese, respectively, according to WHO BMI classification for Asian. The prevalence of cancer cachexia in advanced cancer patients in palliative care settings was 62.1%. Cachexia prevalence was 76.9% and 47.1% within the inpatient and outpatient settings, respectively. Patients with cachexia were found to have lower performance status (p=0.035), be inpatient (p=0.002)</p> <p>Discussions and Conclusions: This study shows that the prevalence of cancer cachexia in Hong Kong palliative care setting is high. It should raise our awareness towards cancer cachexia and guide us through tailored interventions in specific groups of patients.</p>	

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