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A HEALTHY LIFESTYLE AND SURVIVAL AMONG WOMEN WITH OVARIAN CANCER

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THE FUTURE OF HEALTH

A healthy lifestyle and survival among women with ovarian cancer

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Background

- Ovarian cancer: 1400 cases p.a. & 5-year survival <50%
- Women want to know what they can do
- Previous studies suggest ‘lifestyle’ may be important
 - But almost all looked at lifestyle pre-diagnosis



Aim

- To investigate the association between a healthy lifestyle **pre-** and **post-diagnosis** and survival in a cohort of Australian women with invasive epithelial ovarian cancer

Methods

- Women recently dx with invasive ovarian cancer completed Qs at recruitment, 3, 6, 9, 12 months after diagnosis
 - N = 678: lifestyle before diagnosis
 - N = 512: lifestyle after a complete response to treatment
- Considered:
 - Individual factors: diet, smoking, exercise, alcohol, body-size
 - ‘Healthy Lifestyle Index’ (HLI)
- Analysis: looking at overall survival (*OC-specific, PFS similar*):
 - Cox regression adjusting for age, comorbidity (+ tumour characteristics for post-tx models)

Lifestyle before diagnosis & survival

	Least healthy	Middle	Most healthy
Diet	1.0	1.1 (0.8-1.5)	1.0 (0.8-1.3)
Smoking*	1.7 (1.2-2.4)	1.5 (1.1-1.8)	1.0
Exercise	1.0	1.0 (0.7-1.2)	0.9 (0.7-1.2)
Alcohol*	1.3 (0.9-1.9)	1.2 (0.8-1.6)	1.0
Body-size*	0.9 (0.7-1.2)	0.8 (0.6-1.0)	1.0
HLI	1.0	0.8 (0.6-1.1)	0.9 (0.7-1.2)

*Smoking: Current, Former, Never; Alcohol: 0, ≤10, >10 g/day; BMI: >30, 25-29.9, <25kg/m²

Lifestyle after diagnosis & survival

	Least healthy	Middle	Most healthy
Diet	1.0	1.2 (0.8-1.9)	1.0 (0.6-1.6)
Smoking*	2.8 (1.3-6.1)	2.2 (1.5-3.1)	1.0
Exercise	1.0	0.6 (0.4-1.0)	0.6 (0.4-0.9)
Alcohol*	0.7 (0.4-1.3)	0.7 (0.5-1.1)	1.0
Body-size*	1.1 (0.7-1.6)	1.1 (0.8-1.7)	1.0
HLI	1.0	0.5 (0.3-0.8)	0.5 (0.3-0.8)

*Smoking: Current, Former, Never; Alcohol: 0, ≤10, >10 g/day; BMI: >30, 25-29.9, <25kg/m²

Smoking

- **11%** of women were current smokers at diagnosis
- **~50%** reported quitting after diagnosis
- Compared to non-smokers at diagnosis:
 - Women who quit after diagnosis **HR = 1.0 (0.6-1.7)**
 - Women who continued to smoke **HR = 1.9 (1.1-3.4)**

Physical Activity & Alcohol

- Reverse causality?
 - Women who are sick can't exercise or don't drink alcohol?
- Including a 6 / 12 month lag between post-dx measures & start of follow-up
 - Attenuated HR for alcohol slightly
 - Made little difference to PA
- Adjusting for physical function/wellbeing made little difference

Conclusions

- Smoking is associated with worse survival
 - Quitting smoking at diagnosis helps
- Keeping physically active may improve survival
- Little evidence that following a 'healthy' diet makes a difference

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