

# Elderly patients with cancer cachexia experience different levels of symptom burden when compared to middle-aged and young patients

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## INTRODUCTION

- Cancer cachexia (CC) is a syndrome characterized by muscle wasting and carries a heavy symptom burden. It is currently unknown whether or not elderly patients have similar symptom burden, nutritional issues, and distress as younger patients<sup>1</sup>
- AIM: To provide critical information on the status of elderly cancer patients with cachexia and compare differences between patients considered of different age groups

## METHODS

### Design/participants

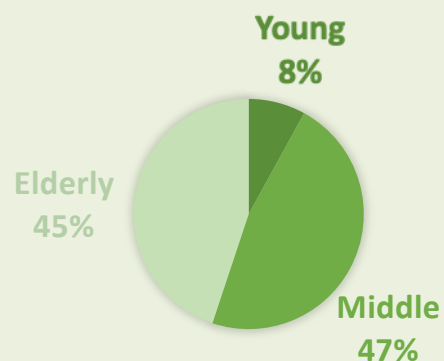
- Comparison between patients of different age groups; young (Y; < 50 y), middle-aged (M; 50 – 69 y), and elderly (E; ≥ 70 y).
- Patients with cancer cachexia

### Measures

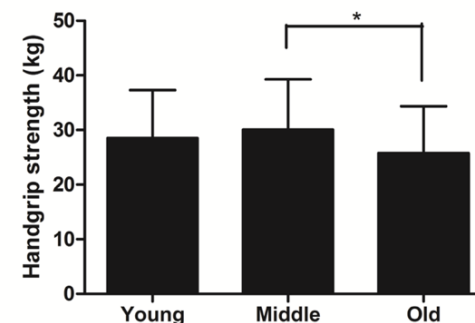
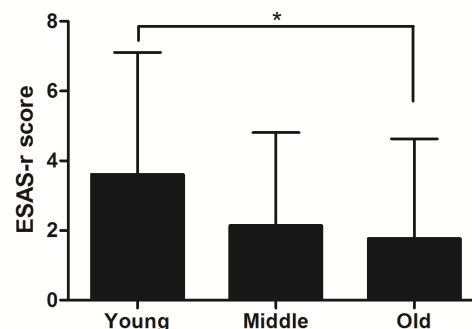
- Questionnaires:
  - Revised Edmonton Symptom Assessment System (ESAS-r): cancer symptoms<sup>2</sup>
  - Abridged Patient-Generated Subjective Global Assessment (aPG-SGA): nutritional and performance status<sup>3</sup>
  - Distress Thermometer (DT) and Canadian Problems Checklist (CDC): sources of distress<sup>4</sup>
- A 1x3 ANOVA was conducted on the dependent variables among the age ranges<sup>5</sup>

## RESULTS

### Age group distribution



### ESAS nausea and handgrip strength



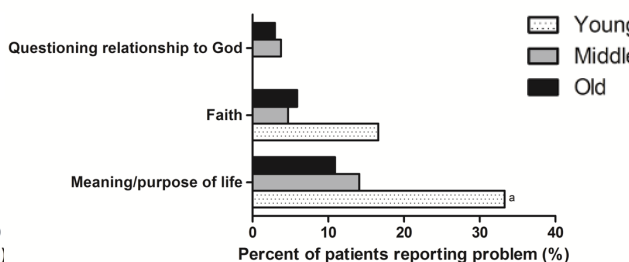
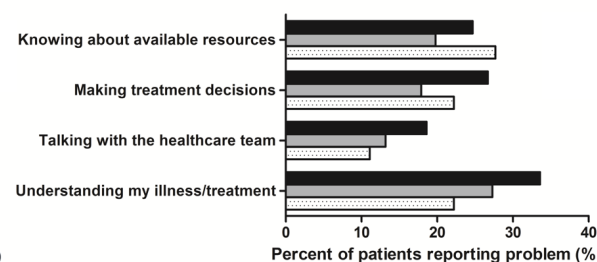
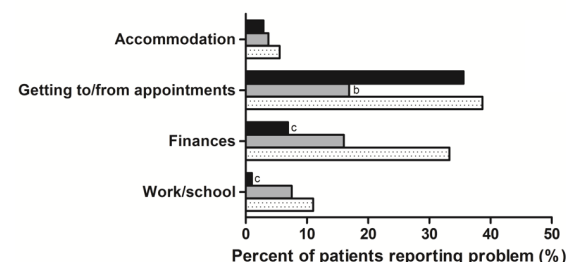
### Significant Statistical Differences

	Mean (SD)			Relative Difference
	Young	Middle	Elderly	
ESAS Nausea	3.61 (3.50)	2.14 (2.67)	1.77(2.86)	Y>E; M=Y,E
Handgrip Strength (kg)	28.52 (8.8)	30.05 (9.2)	25.79 (8.57)	M>E, Y=M,E

## CONCLUSIONS

- CC patients of different age groups reported different burden levels of symptom and different percentages of patients reporting specific problems.
- These age-related disparities should be considered when conducting patient assessments and specialized treatment.

### Canadian problem checklist: practical, informational and spiritual domains



## REFERENCES

<sup>1</sup>Kasvis et al., 2019; <sup>2</sup>Hui et al., 2017; <sup>3</sup>Vigano et al., 2014; <sup>4</sup>Ownby, 2019; <sup>5</sup>Kim et al., 2014