

Review Article

The Change of Body Weight and Body Fat in Women after Breast Cancer Treatment

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Abstract.

This review paper focuses on changes in body weight and body fat in women after breast cancer treatment. The pattern and impact of body weight and body fat gain, potential mechanisms, influencing factors, and effects of physical activity/exercise and diet counseling on body weight control are discussed.

Increase in body weight or body fat is one of the most common side effects and bothersome physical problems in women with breast cancer receiving treatment. Breast cancer women's obesity or weight gain not only increases the risk of mental disturbance, lymphedema, and other chronic diseases, but also is associated with disease progression and a lower overall survival rate. Patients receiving CMF chemotherapy seem to gain more weight than those receiving other non-CMF protocols. Other factors that have been reported to affect body weight after breast cancer treatment include menopausal status, disease stage, BMI, and age. Moderate aerobic exercise for at least 20-30 minutes at least three to five days each week and individual dietary counseling may result in weight loss. Further research is needed to determine the effect of third-generation chemotherapy on body weight and composition and to compare the changes in weight and body composition between women with and without breast cancer.

Keywords : breast cancer, body weight, body fat

綜合評論

乳癌婦女治療後體重與體脂肪之變化

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中文摘要

本文主要介紹乳癌婦女治療後的體重與體脂肪變化，內容包括體重與體脂肪增加的型態、對預後的影響、生理機轉、影響因子以及身體活動/運動與飲食介入方案之成效。體重或體脂肪的增加是乳癌婦女治療後經常出現的副作用。乳癌婦女的肥胖或體重增加不僅會造成心理困擾、增加罹患手臂淋巴水腫與其它慢性病風險，更可能與疾病惡性進展及存活時間降低有關。接受 CMF 化學療法的乳癌婦女比接受非 CMF 者有較明顯的體重增加，其它影響體重改變的因子尚有經期狀態、疾病嚴重度、身體質量指數與年齡。