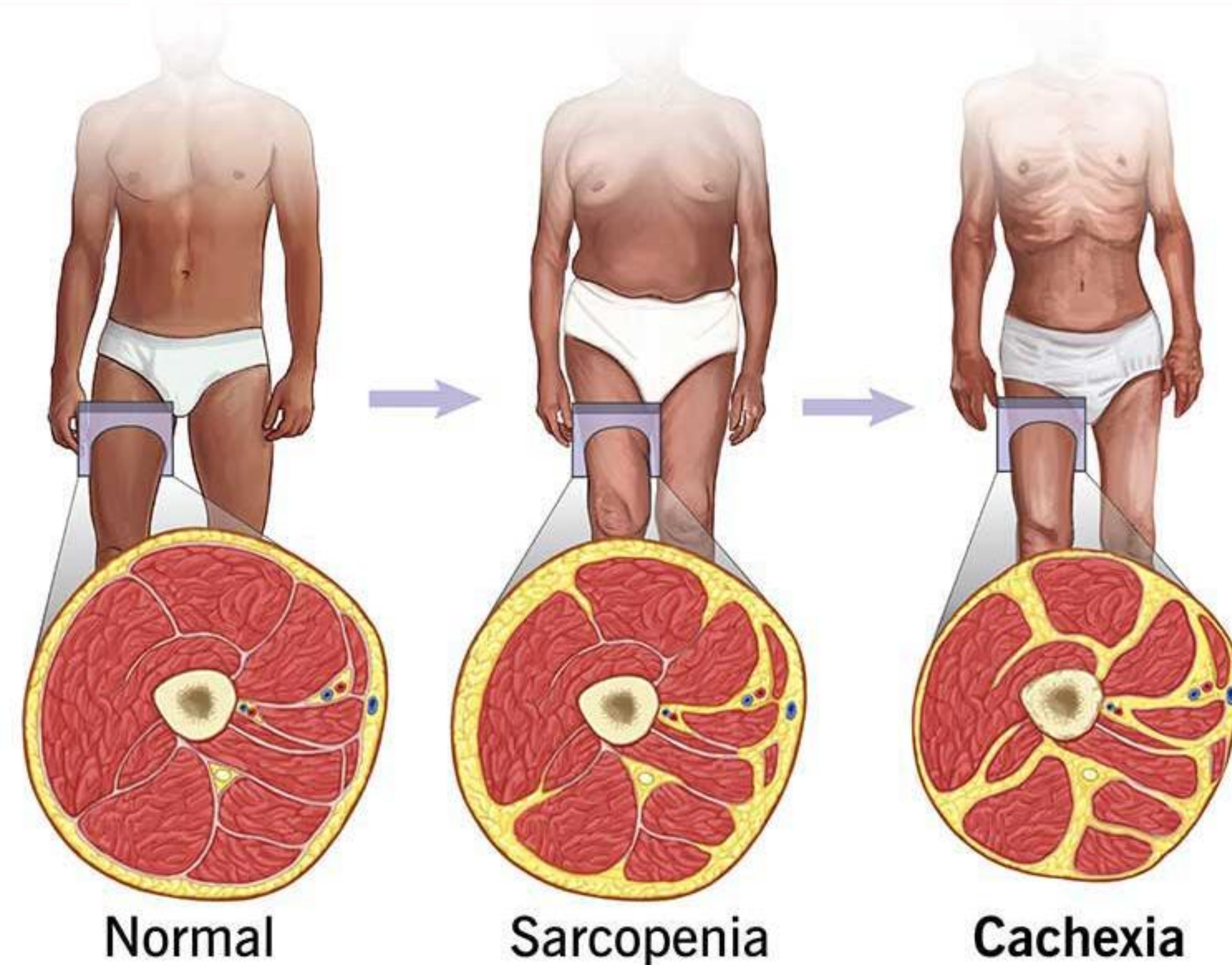
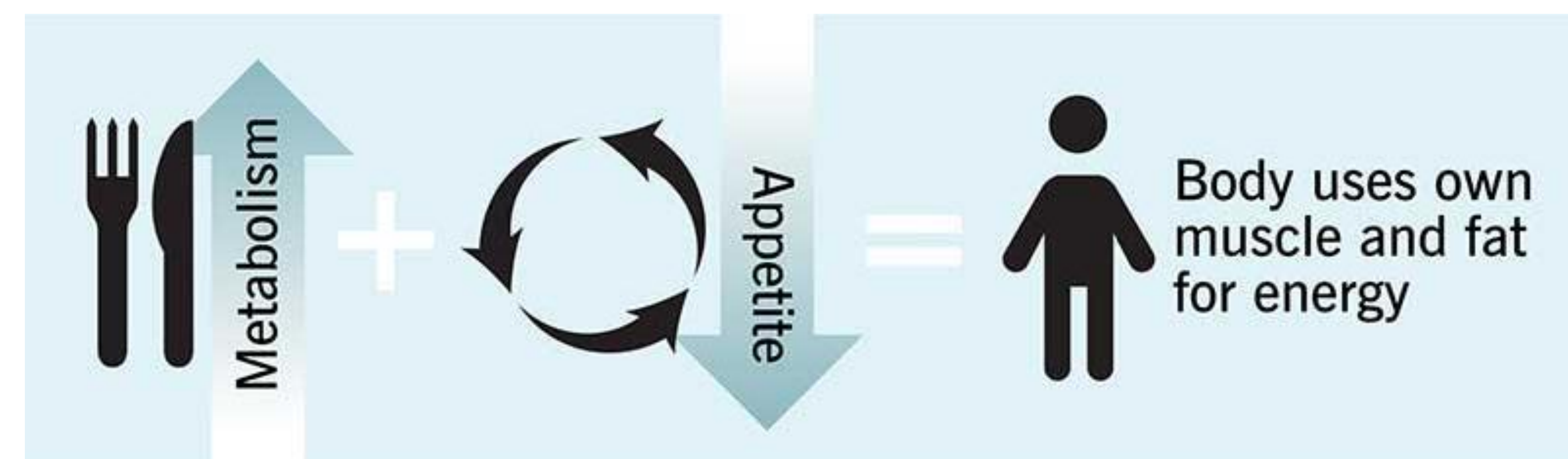


Cancer Cachexia

What is cancer cachexia?

Cancer cachexia is a condition in which cancer causes weight and muscle loss, making you weaker and more tired, even if you're eating. It is often seen in patients with advanced or metastatic cancer.

What causes cancer cachexia?



Muscle wasting

Fat and bone loss

Credit: <https://my.clevelandclinic.org/health/diseases/cachexia-wasting-syndrome>

- ✘ Cancer causes inflammation that changes how the body uses and stores energy
- ✘ Tumors release chemicals that enhance breakdown of muscle and fat
- ✘ They also release chemicals that act on the brain to decrease appetite

Cachexia is a condition of muscle loss, weakness, and fatigue caused by cancer. It is common in advanced or metastatic cancers.

Early recognition and treatment can improve strength, function, and quality of life.

Care requires a team approach, combining nutrition, symptom management, physical activity, and sometimes medications to increase appetite.

New treatments are being evaluated to help treat cancer cachexia.

For more information,
contact **(808) 546-5829**
at the UH Cancer Center

Why is it important to recognize cachexia?

- ✘ Cachexia leads to weakness, fatigue, and trouble tolerating cancer treatments
- ✘ Cachexia also lowers quality of life and reduces length of survival

How do we treat cancer cachexia?

- ✘ **Address underlying problems:**
 - ✘ Manage cancer/treatment-related complications, such as nausea, pain, or mouth sores that can make eating difficult
 - ✘ Replace pancreatic enzymes to improve digestion and nutrient absorption
 - ✘ Address digestive issues such as bowel blockages that can make eating difficult
 - ✘ Address symptoms of anxiety, depression
- ✘ **Nutrition support:** Meet calorie and protein needs, add supplements such as vitamins to address nutritional deficiencies
- ✘ **Physical therapy and exercise:** Light to moderate activity to maintain strength, balance, and function.
- ✘ **Medications:** There are no medications that specifically treat cancer cachexia, but some medications may increase appetite.

Research in Progress

New treatments for cancer cachexia are being tested to help patients increase their weight and muscle mass, improve their function, tolerate cancer treatment, and generally, feel better.