

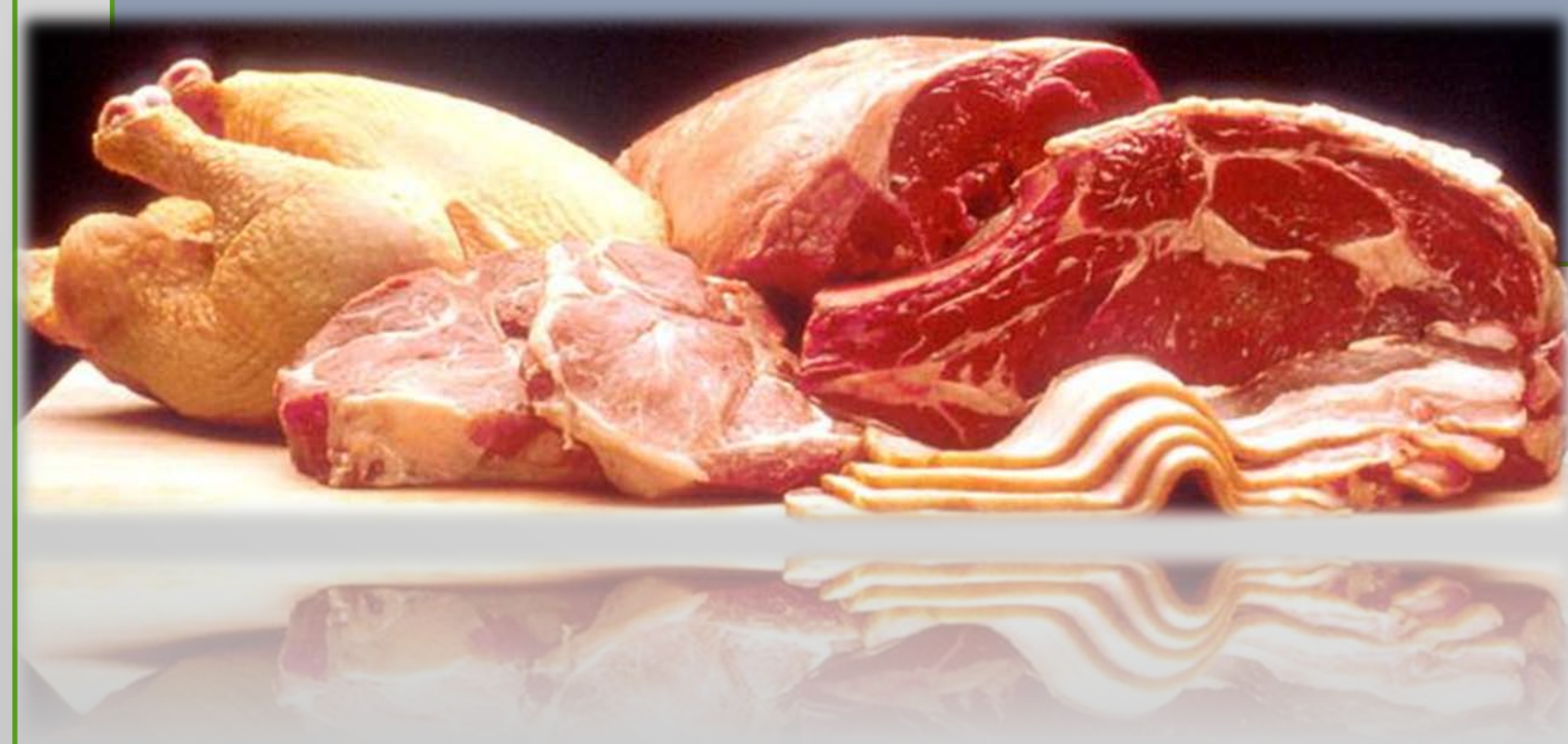


Pre- and Post-Diagnosis Dietary Practices of Ovarian Cancer Survivors

A Pilot Study by Amy Erickson, advised by Dr. Kenneth Welty
University of Wisconsin-Stout

Introduction

- Among U.S. women, ovarian cancer (OC) is
 - Fifth most common malignancy
 - Fifth leading cause of death due to cancer
- Prognosis after treatment remains dismal
 - Onset is subtle
 - Symptoms are nonspecific
 - Routine screenings are not recommended for the general population (highly invasive diagnostic procedures)
 - Diagnosis usually occurs at a late stage, after the disease has spread
- Consistent, high intakes of fruits and vegetables are not associated with OC risk, whereas diets high in meat and fat are associated with a 2.5-fold increased risk
- Diet-related factors thought to protect against OC may also have persistent protective effects post-diagnosis
 - Attenuated progression
 - Enhanced survival
- However, few studies have evaluated the effect of diet on survival
 - Analysis has been largely retrospective and in terms of risk



Objective

To describe the changes in OC survivors' dietary behaviors, food patterns, and attitudes relative to health and nutrition, each in the context of pre- to post-diagnosis



Subjects & Methods

- Two Caucasian women were interviewed
 - One, age 27, was diagnosed with stage 1c OC one year prior with no recurrence
 - The second, age 63, was diagnosed with stage 3 OC four years prior with 4 incidences of recurrence
- Questions addressed the following topics before and after diagnosis:
 - Attitudes toward food and diet in relation to health
 - Day-to-day eating behaviors
 - Overall food patterns

Results

- Pre-diagnosis
 - Diets were deficient in nutrients due to
 - Undesirable food choices
 - Infrequent meal patterns
 - Limited understanding of the impact that food/diet can have on health/nutrition beyond weight control
- Post-diagnosis
 - Overall food patterns were more consistent with current recommendations
 - Dietary behaviors exhibited greater conscientiousness
 - Desired to know in greater detail what is in the food they eat



Conclusions

- Pre-diagnosis diets were deficient in nutrients
- Proportionately limited grasp of...
 - Repercussions of an unhealthy diet
 - Link between food/diet and health/nutrition
- Attitudes toward food and diet aligning with ideas of what a healthy diet entails, paralleled increased conscientiousness in dietary behaviors post-diagnosis
- Results support previous findings that cancer survivors may be particularly receptive to information on health behavior change and particularly motivated to act on it
 - This "teachable moment" could provide a unique opportunity for dietary and behavioral interventions

References

- Andrykowski, M. A., Beacham, A. O., Schmidt, J. E., & Harper, F. W. K. (2006). Application of the theory of planned behavior to understand intentions to engage in physical and psychosocial health behaviors after cancer diagnosis. *Psycho-Oncology*, 15, 759-771.
- Dolecek, T. A., McCarthy, B. J., Joslin, C. E., Peterson, C. E., Kim, S., Frels, S. A., & Davis, F. G. (2010). Prediagnosis food patterns are associated with length of survival from epithelial ovarian cancer. *Journal of the American Dietetic Association*, 110(3), 369-382.
- Kolahdooz, F., Ibiele, T. I., van der Pols, J. C., & Webb, P. M. (2009). Dietary patterns and ovarian cancer risk. *American Journal of Clinical Nutrition*, 89, 297-304.