

HAVE YOU HEARD ABOUT CACHEXIA?

[kuh-kek-see-uh]

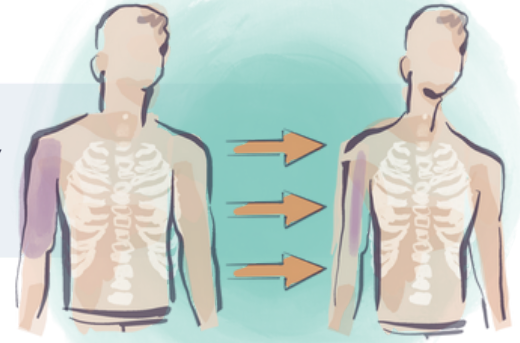
Cachexia is a complex condition that can include **significant weight loss, loss of muscle mass, physical inactivity, and metabolic disruptions** including **fatigue, nausea, and loss of concentration**. Weight loss can happen during cancer treatment. **Cachexia is not a side effect of treatment; it is a different condition.** Significant, lifestyle altering, and unmanageable weight loss should be taken seriously.

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Eating became a chore...It took every ounce of energy to eat because **I was exhausted**. I had no interest in food.

WHAT ARE THE SYMPTOMS?

*Muscle and weight loss,
reduced ability to eat*



*Decreased ability to do
daily activities or hobbies*

*Reduced appetite and
inability to gain weight
despite trying*



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IF YOU ARE EXPERIENCING SYMPTOMS OF CACHEXIA...

Ask your oncology clinician to check for a cachexia diagnosis. **Current research suggests a team approach is best to address the symptoms of cachexia.** This may include physical therapy, nutritional support, and palliative care.

Ask your care team to speak to specialists like:

- **Dietitians** who provide nutritional counseling
- **Physical therapists** who help improve movement and manage pain
- **Occupational therapists** who help adapt how you do daily activities
- **Social workers** who help you find resources and support
- **Mental health professionals** who provide support for your mental and emotional wellbeing
- **Palliative care specialists** who can help improve quality of life by addressing symptoms of cachexia
- **Endocrinologists** who specialize in metabolic changes

EARLY INTERVENTION MATTERS

The earlier cachexia is diagnosed, the sooner symptoms can be managed. If you feel you are experiencing symptoms of cachexia, talk with your healthcare team.

WHO IS AT RISK?

- Cachexia can affect anyone with a **chronic illness** regardless of their weight
- Cachexia is a distinct diagnosis separate from the side effects of treatment
- People with a diagnosis of **pancreatic, lung, head and neck, colorectal, ovarian, and liver cancers** are at higher risk of developing cachexia

QUESTIONS?

Please visit our website:

www.CancerSupportCommunity.org/Cancer-Cachexia
or contact our toll-free Cancer Support Helpline®
at 888-793-9355.



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