

# HAVE YOU HEARD ABOUT CACHEXIA?

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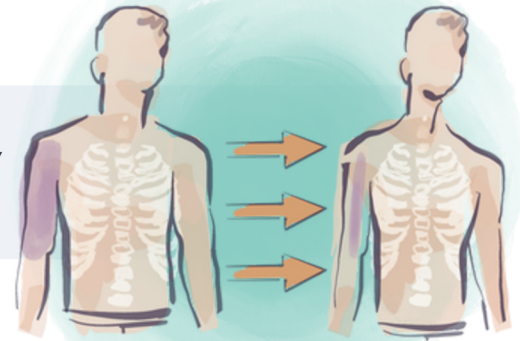
Cachexia is a complex condition that can include **significant weight loss, loss of muscle mass, physical inactivity, and metabolic disruptions** including **fatigue, nausea, and loss of concentration**. Weight loss can happen during cancer treatment. **Cachexia is not a side effect of treatment; it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



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**ABOUT CANCER**  
A PROGRAM OF THE CANCER SUPPORT COMMUNITY

## 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*



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

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



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