

**“PACThe”: Programme of Accompanying women after breast Cancer treatment completion in Thermal resorts: Preliminary results on 125 patients at one-year follow-up**

**Yves-Jean BIGNON**

Centre Jean Perrin, FRANCE

Quality of life (QOL) is greatly impaired in women just after completion of the treatment for their breast cancer (BC). High body mass index (BMI) at BC diagnosis impaired the survival prognosis. Adjuvant chemotherapy is significantly associated with weight gain, which is linked to increased mortality of BC. First interventional nutrition trials demonstrate a positive effect on global mortality. Increasing physical activity seems to have even more benefits. Nevertheless no European trials were undertaken.

**Objectives:** improvement of the QOL, avoid weight gain, reduce overweight in high BMI women, increase physical activity for women in complete remission of BC just after completion of their treatment including chemotherapy

**Programme:** Randomization is made before the ninth month after completion of treatment: one arm with individual standard recommendations at home, one arm with 10-women-groups in an intensive multi-disciplinary 13 days-course of personalized education for protective nutrition and physical activity (full pension in one of three spas).

**Intermediate results:** 117 were randomized in the “spa” arm, 116 in the control group (CG). 125 women were followed-up at one year (51% overweight or obese).

- » CG gained weight while spa group lost 4% of weight ( $p < 10^{-7}$ ).
- » Physical activity level is stable in CG and significantly increased in spa group ( $p = 0,005$ ).
- » QOL increased in both group, significantly in only spa group ( $p = 7 < 10^{-7}$ )
- » Depression is significantly improved in the spa group ( $p = 7 \times 10^{-5}$ )

**Conclusion:** efficiency of PACThe reinforced programme looks high compared to CG, on QOL, physical activity level, control of weight gain.

**Biography**

After MD. in oncology (1984) and PhD. in molecular biology (1991), Pr. YJ Bignon joined as geneticist the University of Auvergne at the Cancer Center Jean Perrin in France, after a post-doctoral position at UCSD (USA). YJ Bignon pioneered oncogenetics in France (1988), and developed research on hereditary predisposition to breast cancers and tertiary prevention (nutrient-genetics relationships).

YJ Bignon published 258 papers in peer-review journals (5,200 citations), H index at 31, made 300 conferences and 500 communications in scientific meetings, co-owners 5 patents. YJ Bignon is the scientific director of the Centre Jean Perrin since 2004.