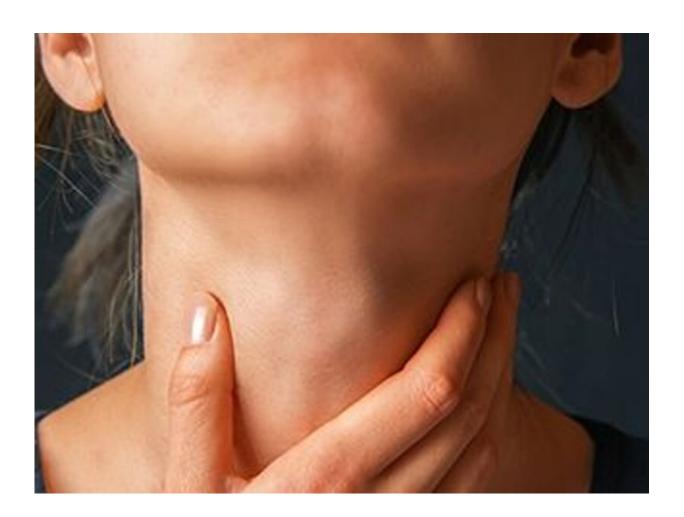


## Overweight tied to better head, neck cancer outcomes after chemoradiotherapy

July 3 2023, by Elana Gotkine



Overweight body mass index (BMI) is associated with favorable



outcomes in patients with nonmetastatic head and neck cancer undergoing chemoradiotherapy, according to a study published online June 27 in *JAMA Network Open*.

Sung Jun Ma, M.D., from Roswell Park Comprehensive Cancer Center in Buffalo, New York, and colleagues evaluated the role of BMI in treatment response, tumor recurrence, and <u>survival outcomes</u> among 445 patients with nonmetastatic head and <u>neck cancer</u> who underwent chemoradiotherapy from Jan.1, 2005, to Jan. 31, 2021.

The researchers found that over a median 48.1 months of follow-up, only <u>overweight</u> BMI was associated with improved overall survival (five-year OS: 71.5 versus 58.4%; adjusted hazard ratio [aHR], 0.59; 95% confidence interval [CI], 0.39 to 0.91; P = 0.02) and <u>progression-free survival</u> (five-year PFS: 68.3 versus 50.8%; aHR, 0.51; 95% CI, 0.34 to 0.75; P

Following treatment, overweight BMI (adjusted odds ratio [aOR], 0.86; 95% CI, 0.80 to 0.93; P

"Further investigations are warranted to improve understanding on the role of BMI among patients with head and neck <u>cancer</u>," the authors write.

**More information:** Sung Jun Ma et al, Association of Body Mass Index With Outcomes Among Patients With Head and Neck Cancer Treated With Chemoradiotherapy, *JAMA Network Open* (2023). DOI: 10.1001/jamanetworkopen.2023.20513

2023 HealthDay. All rights reserved.

Citation: Overweight tied to better head, neck cancer outcomes after chemoradiotherapy (2023,



July 3) retrieved 6 May 2024 from <a href="https://medicalxpress.com/news/2023-07-overweight-neck-cancer-outcomes-chemoradiotherapy.html">https://medicalxpress.com/news/2023-07-overweight-neck-cancer-outcomes-chemoradiotherapy.html</a>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.