

Overweight tied to better head, neck cancer outcomes after chemoradiotherapy

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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 [survival outcomes](#) among 445 patients with nonmetastatic head and [neck cancer](#) 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 [overweight](#) 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 [progression-free survival](#) (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 [cancer](#)," 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](https://doi.org/10.1001/jamanetworkopen.2023.20513)

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