Poster #2 | Bariatric surgery and weight loss counseling among women with obesity and endometrial cancer

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Topic: Endometrial

Objectives
Determine rates of weight loss counseling and referral to bariatric surgery among endometrial cancer patients in a gynecologic oncology clinic.

Methods
Single-institution, retrospective review of all patients diagnosed with endometrial cancer from January 2017 to December 2020. Demographic characteristics, tumor characteristics and treatment history were abstracted by chart review. Bivariate analysis was conducted using Fisher’s Exact or Pearson’s Chi-Squared test to analyze categorical variables and Student’s T-test to analyze continuous variables. All P-values were two-sided and considered significant if < 0.05.

Results
Two hundred seventy patients were included for analysis. Mean BMI was 42.04, 79.9% were White, and 67.5% were diagnosed with stage I endometrial cancer. Most were treated with standard of care surgery (85.2%), followed by conservative management such as hormonal therapy (7.0%), neoadjuvant chemotherapy (6.7%), and neoadjuvant radiation (2.6%). Educational handouts are widely used, detailing the link between obesity and endometrial cancer, with 98.9% of patients documented as receiving. Other methods are less commonly documented: 15.2% received weight loss counseling, 5.2% referred to a dietician, and 3.3% referred to bariatric surgery. The mean weight change at 1 year post endometrial cancer diagnosis was a net loss of 0.086 kg. There was no difference in weight loss between those who received no weight loss counseling vs weight loss counseling vs referral to bariatric surgery (P = 0.68). In addition, there is no difference in weight loss between groups that received surgery as their initial treatment and those that didn’t (P = 0.91).

Conclusions
Baseline bariatric surgery referral as well as weight loss counseling remains minimal amongst patients with endometrial cancer, despite the proven impact of both interventions. These data highlight multiple areas for improvement in our gynecologic oncology clinic to impact care for these women.