

## Perceptions and practices of dietary cancer prevention: Comparison between physicians and patients.

**Sub-category:**

Cancer Prevention

**Category:**

Cancer Prevention/Epidemiology

**Meeting:**

2011 ASCO Annual Meeting

**Session Type and Session Title:**

General Poster Session, Cancer Prevention/Epidemiology

**Abstract No:**

1536

**Citation:**

J Clin Oncol 29: 2011 (suppl; abstr 1536)

**Author(s):**

V. W. Li, J. Ko, W. W. Li

**Abstract:**

**Background:** Patients frequently ask their physicians for dietary recommendations with anti-cancer activity. Population and scientific studies form the basis for such advice, but the actual use of information has not been previously examined. **Methods:** We conducted a survey of perceptions and practices about anti-cancer dietary recommendations. A questionnaire was delivered via the Internet to 9,654 healthy subjects, cancer patients, oncologists and GPs, with N=285 respondents for analysis. **Results:** Among healthy individuals, 91% were open to changing dietary habits. Respondents were convinced of the beneficial activity of dietary factors for which data exists (green tea, berries, tomatoes, Omega-3 PUFA, vitamin D) but also for dietary factors for which data does not exist. Respondents were 32% more willing to add than reduce dietary factors. Half (48%) of the cancer patients did not feel their physicians were adequately knowledgeable about diet and cancer. Most (83%) physicians reported that patients ask about dietary approaches to cancer. 66% of physicians acknowledged none or less than one week of formal education on diet and disease prevention. 94% of oncologists believed dietary factors can reduce cancer risk, but only 54% have reviewed the supporting data; 7% did not believe there is a link. A third of oncologists reported they do not make any recommendations to their patients, despite familiarity with data. Physicians reported obstacles to implementing dietary-based cancer prevention: lack of guidelines; lack of data; inadequate education; too much information with insufficient interpretation. Many physicians (34% oncologists, 40% GPs) believed randomized placebo-controlled clinical trials would be necessary to convince them to recommend dietary factors for their patients. **Conclusions:** In summary, there is strong interest and belief in cancer risk reduction through dietary factors. Patients frequently query their physicians but most do not receive advice, despite the existence of supportive data. This study suggests the need for well-designed clinical studies and improved physician training on the impact of dietary factors on cancer to address patient-centered needs.

► **Associated Presentation(s):**

1. Perceptions and practices of dietary cancer prevention: Comparison between physicians and patients.

Meeting: 2011 ASCO Annual Meeting

Presenter: Vincent W. Li

Session: Cancer Prevention/Epidemiology (General Poster Session)

► **Other Abstracts in this Sub-Category:**