

# — LOSS OF MUSCLE AND — WEIGHT FROM LUNG CANCER

## WHAT IS IT?

Cachexia (keh KEK see ah) is uncontrolled and unwanted loss of weight and muscle. You may have cachexia if you are losing weight without trying. Symptoms include:

- Weight loss
- Loss of muscle mass
- Feeling tired even after enough sleep
- Weakness
- Loss of appetite or changes in taste or smell
- Feeling full after eating small amounts
- Nausea
- Bloating

## WHAT CAUSES IT?

Cancer can disrupt the signals that break food into energy and it can make the body unable to use all of the food for energy. Cancer and inflammation can also make the body burn more energy than normal which breaks down healthy tissue. Cancer can cause appetite changes, make food taste differently and reduce feelings of hunger even when the body needs food.

## CACHEXIA IMPACTS:

- How well you handle treatment side effects
- Whether you can finish treatment or not
- How you feel
- Your ability to stay independent
- How long you may live

## TAKE CONTROL

- Talk to a registered dietitian about nutrition
- Talk with your healthcare team about appetite stimulants or drugs that help your stomach empty properly
- Stay physically active
- Treat depression and its effects on the appetite
- Control symptoms and treatment side effects

*Be sure to talk with your healthcare team if you think you might have cachexia.*



**LUNG CANCER ALLIANCE**

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