

Examining the relationship between lifestyle factors and Health-Related Quality of Life among prostate cancer survivors

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Abstract

Background: Prostate cancer is a leading cause of cancer death in older men in the United States. As the medical treatment and early-screening improved, there are more and more patients survived. It is important to increase quality of cancer care for survivors to get the better Health-Related Quality of Life (HRQOL). It is reported that lifestyles had significantly association with HRQOL among general population in prior studies. However, few national-level published studies examined the association between lifestyle factors and HRQOL among prostate cancer survivors. In this paper, we assess the association between lifestyle factors and certain interesting HRQOL indicators among U.S. men with prostate cancer.

Method: Men with history of prostate cancer (n=6676) were identified from a cross-sectional national survey: the Behavioral Risk Factor Surveillance System (BRFSS) 2008 data. Multiple Imputation (MI) was used to deal with missing data, and after complex data weighting, 4 HRQOL indicators were assessed by logistic regression.

Results: Prostate cancer survivors who have exercise, without disability, household income >\$50,000 and employment were more likely to have better HRQOL. Smoking and alcohol drinking were not significantly associated with HRQOL among prostate cancer survivors. The results can help to design interventions to enhance HRQOL among prostate cancer survivors by improving their healthy lifestyles and suggest emphasis <http://www.iciba.com/emphasis/> points of treatment intervention when increasing HRQOL among overall prostate cancer patients.