

## Re: unexpected weight loss...what are its parameters?

**Source:** <http://sci.tech-archive.net/Archive/sci.med.diseases.cancer/2004-08/0015.html>

---

**From:** J (*recent\_at\_iinv.anon*)

**Date:** 08/03/04

Date: Tue, 03 Aug 2004 16:13:22 -0400

Richard Nguyen wrote:

> *Hi..Im posing this message for the group and any MD's out there who  
> would like to answer. I lost 12 pounds in 6 weeks (formal stable  
> weight of 192) and went down to 181 and stayed there (179 in the  
> morning)for about 4 weeks now. I was exercising and feeling good. Then  
> the weight loss happened and I had insomnia and depression. I went to  
> the GI man who did a CT and a abdominal ultrasound...all negative. But  
> I cant seem to put back on the weight EXCEPT when I decrease or stop  
> the exercise routine. So I can only gain back when I stop  
> exercising..and when I do..I go back towards 181 again. Just how does  
> the unexpected weight loss work? With cancer..can you go back up? Im  
> thinking of getting a ERCP...even if I have to pay for it with out of  
> my pocket...I need information from the group and informed individuals  
> to help me make a decision.  
>  
> Thanks!--Steve*

Hi Steve, I'm not a doctor but I have had conversations, over a period of years, with people who have had pancreatic cancer (if that's what you are thinking of). The weight would not be going back up.

Depression and/or stress can cause a person to lose weight.

There's also other conditions like thyroid.

If your doctor has ruled that out, I would suggest that you ask him/her about an antidepressant (low-dose) that has as a side effect of weight gain. Some of them are also excellent to help with sleep. I don't know your age – your doctor would have to decide which medication would be best for you. Some say benzos or tricyclics cause weight gain (in some).

If so, it takes a year or so before the weight gain starts to occur

If you start noticing that you're gaining too much weight, then you adjust your diet and/or exercise to make sure that you're still getting heart-healthy foods and exercise and not gaining too much.

Best wishes,

sci.med.diseases.cancer: Re: unexpected weight loss...what are its parameters?

J