



The Weight is Over: *Strategies to Assist with Weight Management Following Breast Cancer Diagnosis and Treatment*

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Created in collaboration with: Drucilla Brethwaite, MSW, LCSW

Objectives

- Identify factors that influence weight management, as well as the scope and impact of overweight/obesity BMI on breast cancer survivor outcomes
- Review evidence based diet/nutrition, physical activity, and behavioral strategies that help support healthy weight loss for breast cancer survivors
- Provide tools for breast cancer survivors successfully achieve weight loss goals

Background:

- Research for the prevention on cancer occurrence and outcomes has long focused on lifestyle interventions given their inherent ability to be altered
- It has become increasingly evident that there is increased risk of multiple cancer types due to elevation in adipose (fat) tissue



(American Institute for Cancer Research, 2018)

- The connection between having **overweight/obese BMI measurements in women** before, during, and after breast cancer diagnosis **contributing to increased risk for second primary breast cancer and mortality** has been well documented



(Azard, 2014; Chan, 2014; World Cancer Research Fund, 2018).

- Identifying if successful weight loss in breast cancer survivors does in fact decrease occurrence of second primary occurrence and increase survival in breast cancer survivors is currently being investigated

NPJ Breast Cancer. 2017 Sep 21;3:37. doi: 10.1038/s41523-017-0040-8. eCollection 2017.

Randomized phase III trial evaluating the role of weight loss in adjuvant treatment of overweight and obese women with early breast cancer (Alliance A011401): study design.

Ligibel JA¹, Barry WT², Alfano C³, Hershman DL⁴, Irwin M⁵, Neuhouser M⁶, Thomson CA⁷, Delahanty L⁸, Frank E¹, Spears P⁹, Paskett ED¹⁰, Hopkins J¹¹, Bernstein V¹², Stearns V¹³, White J¹⁰, Hahn O¹⁴, Hudis C¹⁵, Winer EP¹, Wadden TA¹⁶, Goodwin PJ¹⁷.

(Ligibel, 2017)

How does Adipose Tissue (fat) impact cancer risk?

Factor	Mechanism
Sex Steroid Hormones (eg, estrogen, testosterone, progesterone)	Fat tissue is the main site of estrogen synthesis in postmenopausal women. High levels of estrogen are associated with postmenopausal breast and endometrial cancers and may impact other cancers. Lower testosterone levels in obese men may impact prostate cell differentiation.
Growth Factors (eg, insulinlike growth factor 1 [IGF-1], insulin)	Obesity increases levels and bioavailability of growth factors such as insulin and IGF-1, which can increase cell proliferation, inhibit cell death, and may promote the growth of certain cancers, such as tumors of the endometrium, kidney, and pancreas.
Adipocytokines (eg, leptin, adiponectin)	Leptin promotes cell growth. It's secreted by fat cells, and blood levels are higher in obese people. It's also an inflammatory factor. Blood levels of adiponectin, which may have antiproliferative effects, are lower in obese people.
Inflammatory Factors (eg, tumor necrosis factor, interleukin-6, C-reactive protein, leptin)	Obese people often have chronic low-level inflammation, which may contribute to the initiation and progression of cancer and has been associated with increased risk.
Health Conditions	Overweight and obesity raise the risk of conditions such as type 2 diabetes, gastroesophageal reflux disease, and gallstones, which are associated with higher cancer risk.

RESOURCES

1. WORLD CANCER RESEARCH FUND; AMERICAN INSTITUTE FOR CANCER RESEARCH. FOOD, NUTRITION, PHYSICAL ACTIVITY, AND THE PREVENTION OF CANCER: A GLOBAL PERSPECTIVE. [HTTP://WWW.WCRF.ORG/SITES/DEFAULT/FILES/SECOND-EXPERT-REPORT.PDF](http://www.wcrf.org/sites/default/files/second-expert-report.pdf). PUBLISHED 2007.
2. BERGER NA. OBESITY AND CANCER PATHOGENESIS. *ANN N Y ACAD SCI*. 2014;1311:57-76.

(Thalheimer, 2017)

- As of January 2019, there are more than 3.1 million women with a history of breast cancer in the U.S.
 - *This includes women currently being treated and women who have finished treatment*
- Weight gain following breast cancer diagnosis has been observed as early as 1978, with increased rates of weight gain in comparison to disease free women
- It is been estimated 66% of breast cancer survivors are overweight or obese

What factors influence weight management after breast cancer diagnosis?

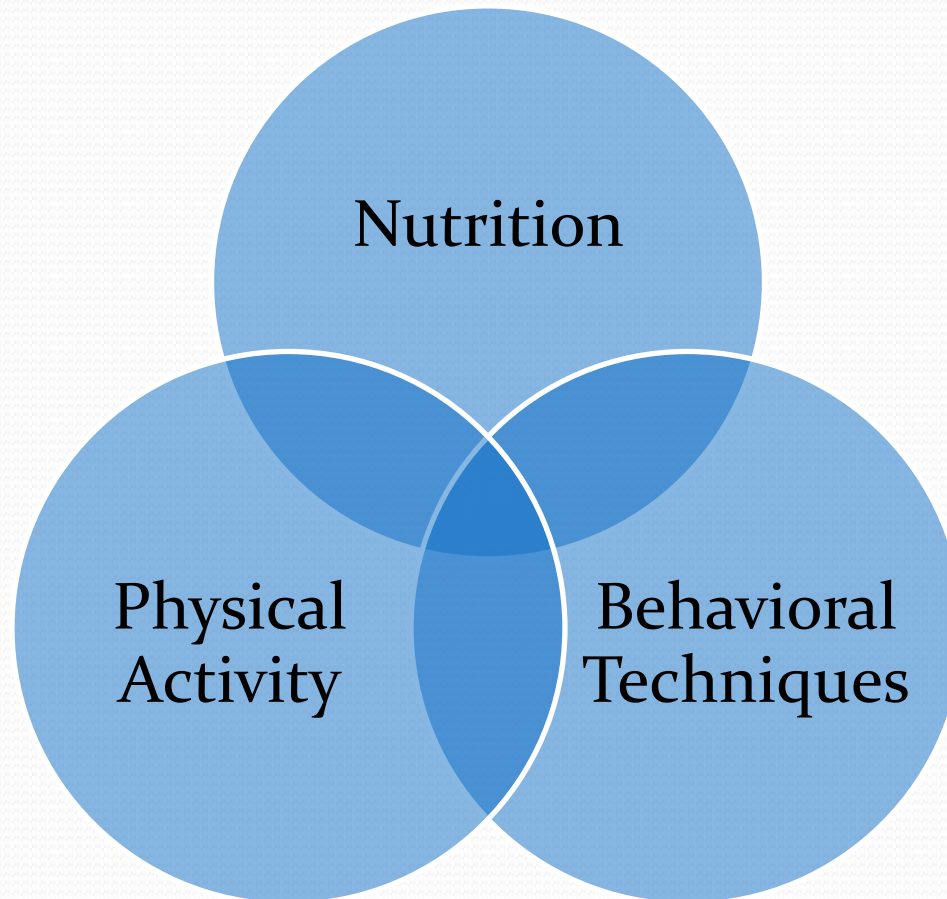
Outside Our Control

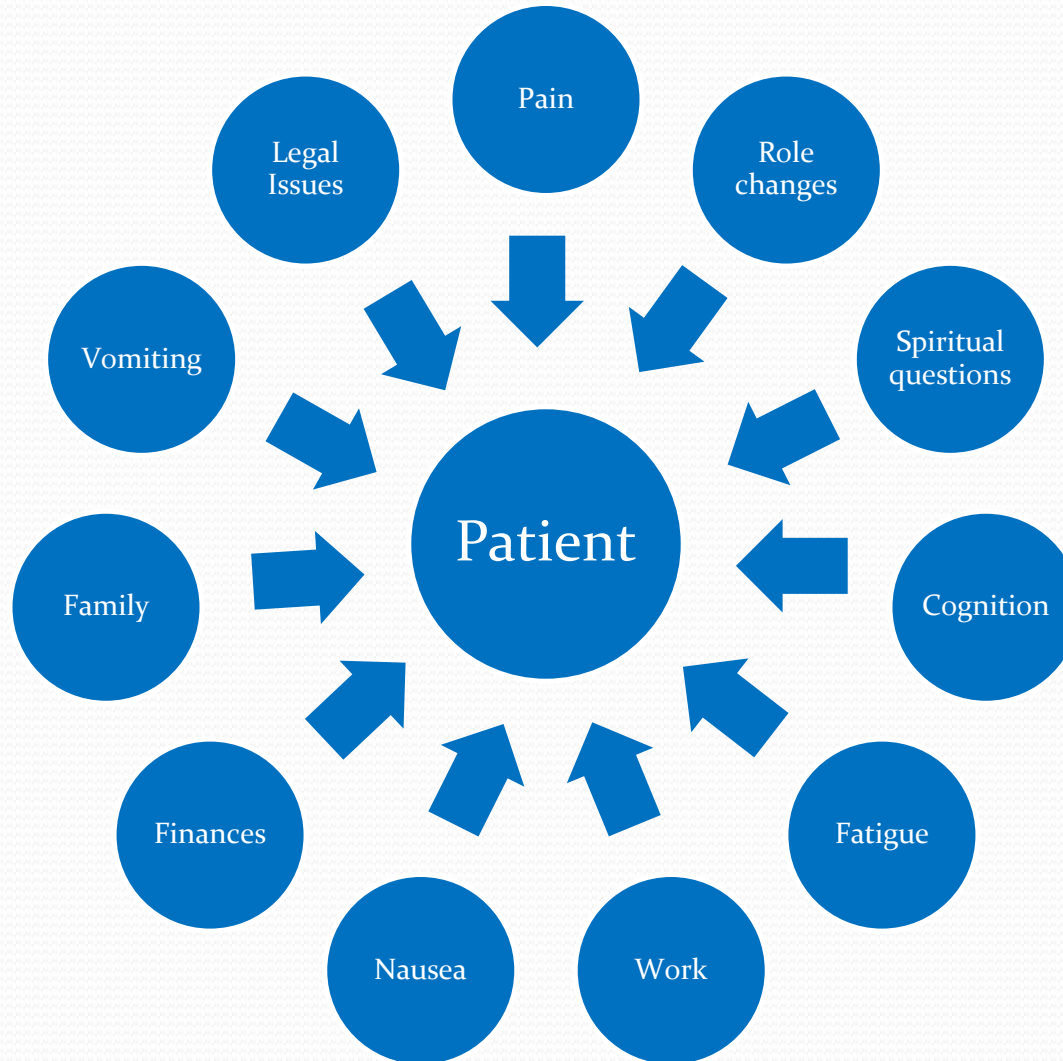
- Treatment or medication side effects
- Hormone changes (both naturally occurring and medication induced)
- Diet habits prior to diagnosis
- Stress*

WITHIN Our Control

- **Diet:**
 - Quantity
 - Quality
- **Physical activity:**
 - Frequency
 - Type
- **Stress***

Comprehensive Approach to Addressing Weight Loss





Cancer is Unpredictable

CURED??

Did
Treatment
work??

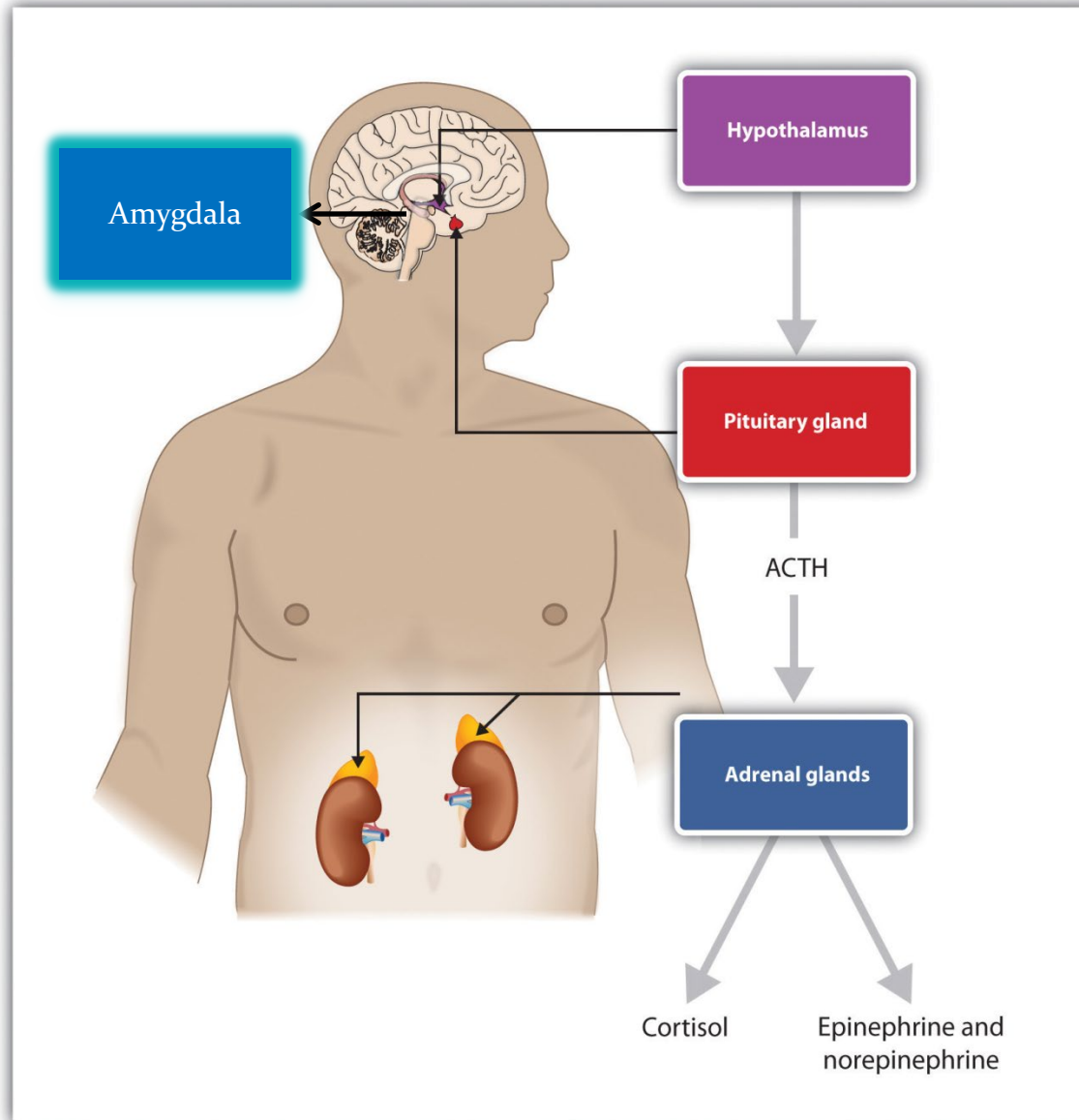
Doomed to
die??

Scan
tomorrow??



How did
I get
this??

Stress Response



- Cortisol is a steroid hormone, in the glucocorticoid class of hormones (cortisone, dexamethasone etc.)
- Increased cortisol levels have the potential to increase appetite
- Higher cortisol, insulin, and chronic stress can be a contributing factors for future weight gain



(Chao, 2017; Harvard Health, 2018)

Physical

- Decreased short-term memory
- Decreased concentration
- Increase cardiac/pulmonary symptoms
- Decrease in libido
- Frequent colds viral infections
- Skin rashes

Psychological

- Fearfulness
- Anxiety
- Vulnerability
- Sadness
- Numbness
- Agitation
- Depression

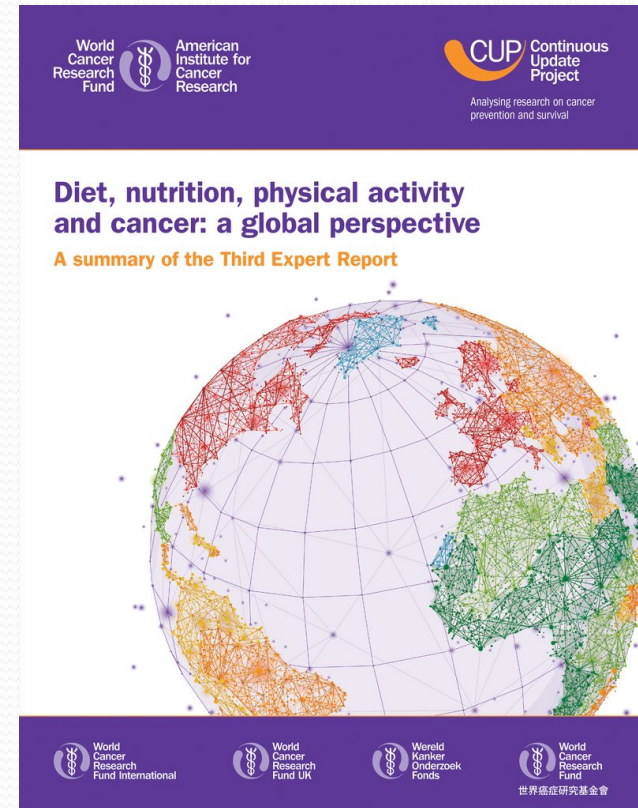


Behavioral

- Crying
- Outbursts
- **Changes in eating**
- **Changes in sleeping**
- **Decreased exercise**
- Increase use alcohol/drugs
- Nervous habits
- Increased isolation
- Impacts relationships

In 2018, World Cancer Research Fund & American Institute for Cancer Research published their 3rd report:

“Diet, Nutrition, Physical Activity, and Cancer: a Global Perspective”



(World Cancer Research Fund/American Institute for Cancer Research, 2018)

AICR RECOMMENDATIONS FOR CANCER PREVENTION

A Blueprint to Beat Cancer

To prevent cancer, people should aim to follow as many of the 10 Cancer Prevention Recommendations as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.

EAT A DIET RICH IN WHOLE GRAINS, VEGETABLES, FRUITS AND BEANS

Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet



LIMIT CONSUMPTION OF RED AND PROCESSED MEAT

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



BE PHYSICALLY ACTIVE

Be physically active as part of everyday life – walk more and sit less



BE A HEALTHY WEIGHT

Keep your weight within the healthy range and avoid weight gain in adult life



LIMIT CONSUMPTION OF SUGAR-SWEETENED DRINKS

Drink mostly water and unsweetened drinks



LIMIT CONSUMPTION OF "FAST FOODS" AND OTHER PROCESSED FOODS HIGH IN FAT, STARCHES OR SUGARS

Limiting these foods helps control calorie intake and maintain a healthy weight



LIMIT ALCOHOL CONSUMPTION

For cancer prevention, it's best not to drink alcohol



DO NOT USE SUPPLEMENTS FOR CANCER PREVENTION

Aim to meet nutritional needs through diet alone



FOR MOTHERS: BREASTFEED YOUR BABY, IF YOU CAN

Breastfeeding is good for both mother and baby

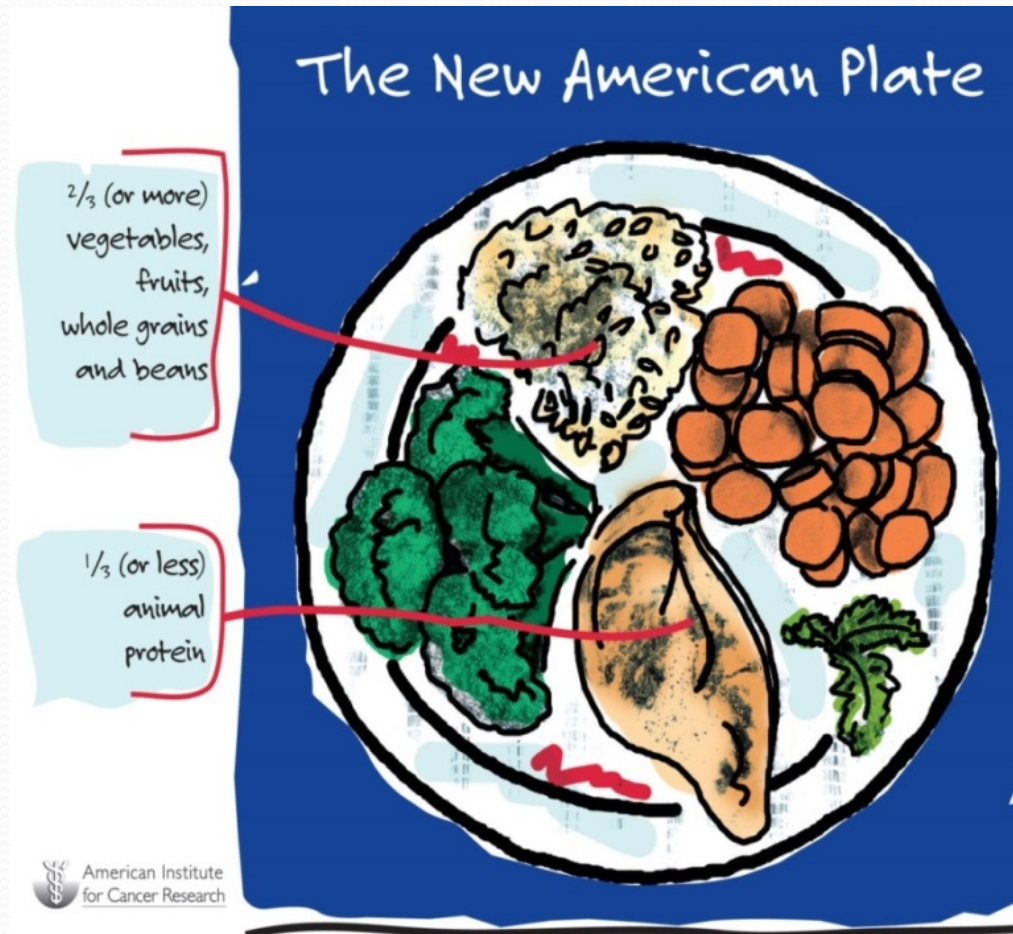


AFTER A CANCER DIAGNOSIS: FOLLOW OUR RECOMMENDATIONS, IF YOU CAN

Check with your health professional about what is right for you



- **Plant based diet** eating for weight loss



How do plant based diets promote weight loss?

**High Fiber Content + Low Calorie Content =
SATIATION for LESS CALORIES**

Low calorie-dense foods include:

- Oatmeal, brown rice and whole-grain pastas and legumes like lentils and beans
- Most vegetables and fruits
- Other low-calorie dense foods include broth-based soups and plain nonfat yogurt

Medium calorie-dense foods include:

- Whole-grain bread, lean meat, poultry and fish

High calorie-dense foods:

- Contain high amounts of added fat, such as chips and other fried foods like French fries
- Are made with high amounts of added sugar and fat, such as cookies, candy and rich desserts
- Contain little fiber, such as processed breads, cereals and snack foods
- Are naturally high in fat, such as cheeses and high-fat meats like bacon

Low calorie-dense
(eat more)



High calorie-dense
(eat less)

Beverage recommendations:

- Aim to consume no added sugar containing beverages:
 - Water (can flavor with fresh fruit/herbs for flavor)
 - Unsweetened tea/ice tea
 - Unsweetened coffee

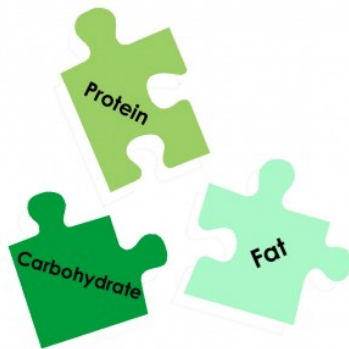


Daily caloric intake recommendations:

- Creating a calorie deficit of 500-750 kcal per day should promote weight loss
- Journaling can help stay within a caloric goal to promote weight loss*

Low Fat or Low Carb?

- Research shows a diet that allows you reduce your overall caloric intake is the most effective for long term, successful weight loss
- Severe restriction of any macronutrient (fat, protein, carbohydrate) is unlikely to be sustainable overtime



(Gardener, 2018)

Eating Pattern Recommendations:

- There is no ‘perfect’ diet pattern that is ideal for everyone
- However, going long periods of time between meals while awake can result in becoming excessively hungry and overeating at meal time
 - 3 meals per day spread out at even time intervals when awake is ideal
- Using hunger signals to help establish the best pattern for you ideal

Eating Pattern Recommendations:

“Should I be fasting?”

JAMA Oncol. 2016 Aug 1;2(8):1049-55. doi: 10.1001/jamaoncol.2016.0164.

Prolonged Nightly Fasting and Breast Cancer Prognosis.

Marinac CR¹, Nelson SH², Breen CI³, Hartman SJ⁴, Natarajan L⁴, Pierce JP⁴, Flatt SW³, Sears DD⁵, Patterson RE⁴.

- Fasting less than 13 hours per night was associated with an increase in the risk of breast cancer recurrence compared with fasting 13 or more hours per night



- Research indicates reduction in caloric intake from diet is a more important factor in creating caloric deficit to promote weight loss
- **However**, physical activity is critical to maintaining weight loss, and ensuring weight loss is predominantly from adipose tissue, rather than lean body mass

- Recommended goal for physical activity is 150 minutes per week of moderate physical activity

Moderate Physical Activities

- Walking briskly (a 15-minute mile)
- Light yard work (raking/bagging leaves or using a lawn mower)
- Actively playing with children
- Biking at a casual pace
- Hiking

Tools for Weight Loss Success



Companion to the *New York Times* BESTSELLER

the Beck
DIET
solution

Weight Loss Workbook

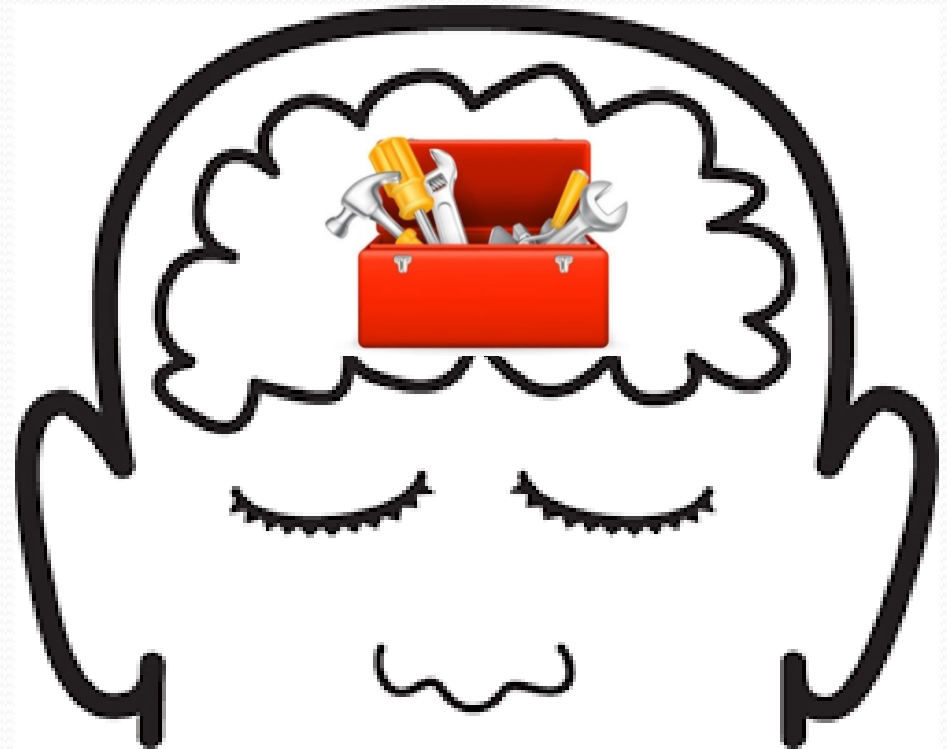
The 6-Week Plan to Train Your Brain
to Think Like a Thin Person

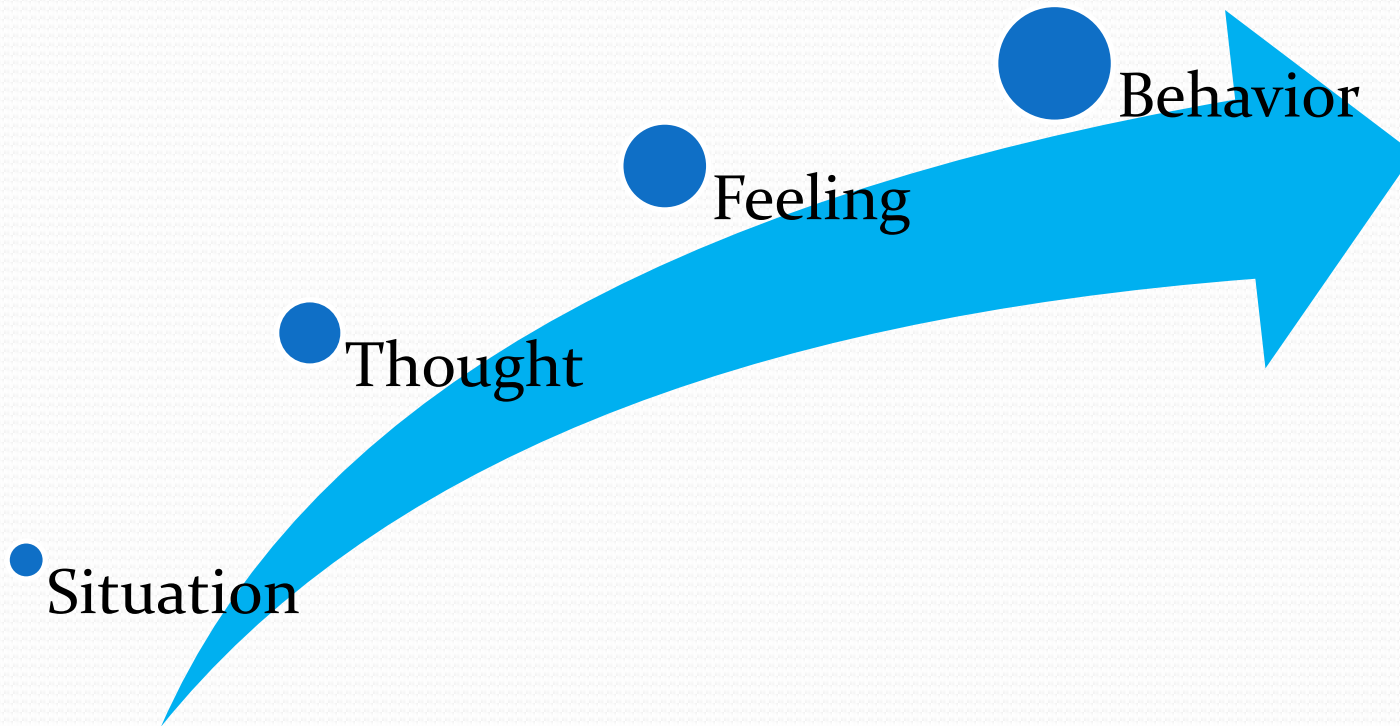
- *counteract sabotaging thoughts*
- *overcome weight loss obstacles*
- *succeed on any nutritious diet*

Judith S. Beck, Ph.D.

*Beck Institute for Cognitive Therapy and Research
Clinical Associate Professor of Psychology in Psychiatry
University of Pennsylvania*

- Goals
- Bathroom Scale
- What am I thinking?
- Monitoring Chart
- Priority Chart
- Exercise Program
- Daily Schedule
- Today's To-Do List
- Daily Food Plan Chart
- Journal
- Distraction Techniques Chart
- Response Cards





Automatic Thoughts



- “I worked so hard today, I deserve this.”
- “I won’t look at the scale.”
- “I really want to eat _____ or eat more of _____.”
- “I already blew it today, so I’ll just keep eating and begin again tomorrow.”
- “I’d rather just see how things go instead of planning.”



“Between stimulus and response
There is a space.

In that space is our power
To choose our response.

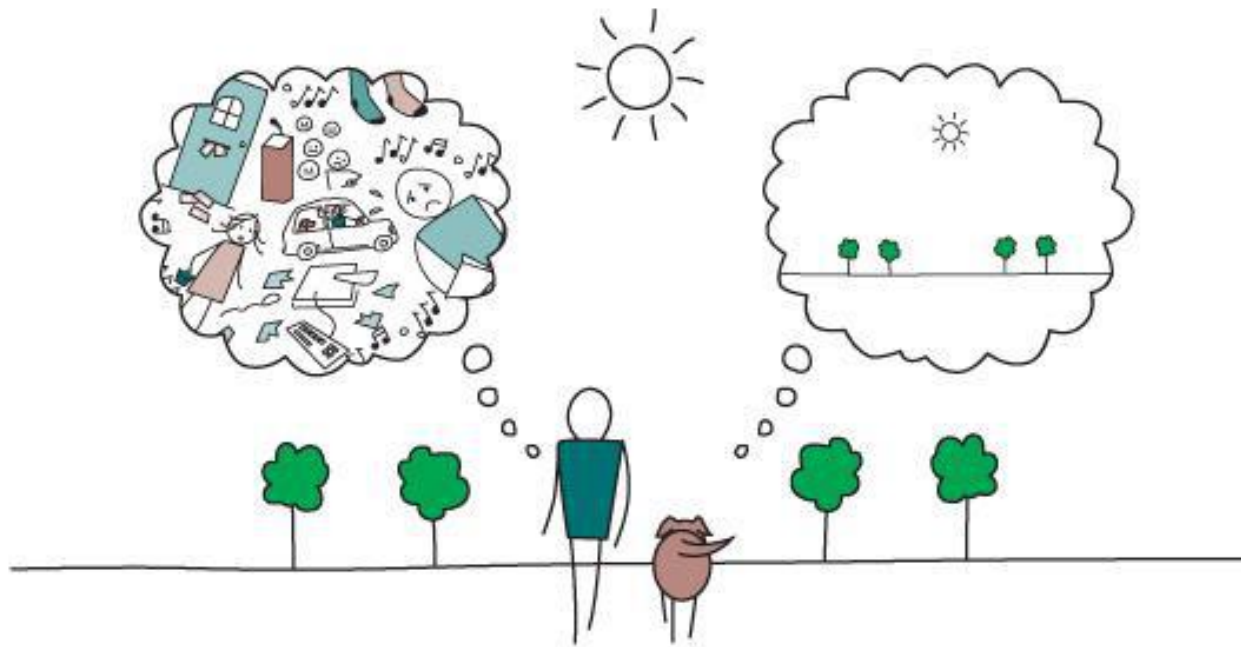
In our response lies our
Growth and our freedom”



Viktor Frankl

- Breathing
- Guided Imagery/Visualization
- Meditation
- Biofeedback
- Mindfulness
- Progressive Muscle Relaxation
- Movement (Yoga, Tai Chi, Feldenkrais, Pilates)
- Hypnosis/Hypnotherapy
- Aromatherapy
- Music
- Expressive Arts

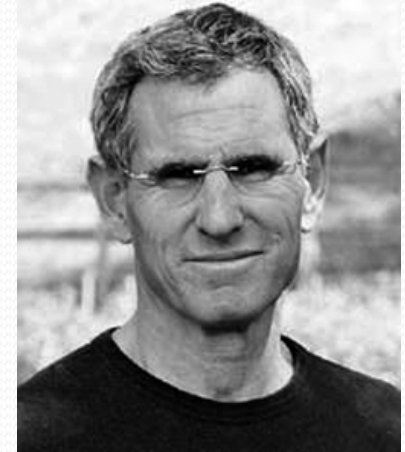




Mind Full, or Mindful?

Mindfulness means paying attention in a particular way:

*on purpose
in the present moment
non-judgmentally*



Jon Kabat-Zinn

- Food selection; appreciate your food
- Meal preparation
- Setting/Environment
- Intention
- Eat with others/eat sitting down
- Eat slowly without distraction
- **Listen to hunger cues**
- Distinguish between actual hunger vs. non-hunger triggers for eating
- Engage your senses by noticing colors, smells, sounds, textures, tastes



- Increase weight loss
- Helps to recognize emotions and physical sensations
- Decrease response to inappropriate cues for eating such as advertising, boredom or anxiety
- Gain control over eating habits



Mindful Eating Questionnaire

Question	N/A	Never/ Rarely	Sometimes	Often	Usually/ Always
1. I eat so quickly that I don't taste what I'm eating.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When I eat at "all you can eat" buffets, I tend to overeat.	<input type="checkbox"/> I don't eat at buffets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. At a party where there is a lot of good food, I notice when it makes me want to eat more food than I should.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I recognize when food advertisements make me want to eat.	<input type="checkbox"/> Food ads never make me want to eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When a restaurant portion is too large, I stop eating when I'm full.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My thoughts tend to wander while I am eating.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When I'm eating one of my favorite foods, I don't recognize when I've had enough.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I notice when just going into a movie theater makes me want to eat candy or popcorn.	<input type="checkbox"/> I never eat candy or popcorn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. If it doesn't cost much more, I get the larger size food or drink regardless of how hungry I feel.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I notice when there are subtle flavors in the foods I eat.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. If there are leftovers that I like, I take a second helping even though I'm full.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. When eating a pleasant meal, I notice if it makes me feel relaxed.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I snack without noticing that I am eating.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. When I eat a big meal, I notice if it makes me feel heavy or sluggish.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mindful Eating Questionnaire (Page 2)

Question	N/A	Never/ Rarely	Sometimes	Often	Usually/ Always
15. I stop eating when I'm full...even when eating something I love.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I appreciate the way my food looks on my plate.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. When I'm feeling stressed at work, I'll go find something to eat.	<input type="checkbox"/> I don't work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. If there's good food at a party, I'll continue eating even after I'm full.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. When I'm sad, I eat to feel better.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I notice when foods and drinks are too sweet.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Before I eat I take a moment to appreciate the colors and smells of my food.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I taste every bite of food that I eat.	<input type="checkbox"/> I never eat when I'm not hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I recognize when I'm eating and not hungry.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I notice when I'm eating from a dish of candy just because it's there.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. When I'm at a restaurant, I can tell when the portion I've been served is too large for me.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I notice when the food I eat affects my emotional state.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I have trouble not eating ice cream, cookies, or chips if they're around the house.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I think about things I need to do while I am eating.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Framson, 2009)

Tools for Weight Loss Success: Cognitive Behavioral Journaling

- What did I do today to avoid unplanned eating?
- If I deviated, what happened?
- What thinking mistakes did I make?
- What can I learn from this for next time?

- What is the effect of continuing to have this thought?
- What could happen if I changed my thinking?
- What would I tell a friend in the same position?
- What should I do next?
- Am I truly hungry?
- It's ok to feel anxious or fearful sometimes.
- Just because I see it, doesn't mean I have to eat it.
- Do I need second helpings?
- Is this what my body really needs?

“Oh, well...” Technique



Term used for accepting a bad situation or disappointment.

(Beck, 2017)

Monitoring Chart

- Every hour: “Do I feel hungry right now?”
- If yes, notice mouth, throat and body



- **Hungry:** At least a couple of hours since you last ate, stomach feels empty, and you could feel satisfied if you eat a range of foods
- **Desire:** Stomach feels reasonably comfortable, but you just *feel* like eating
- **Craving:** A strong urge to eat a particular food or kind of food, with a yearning in your mouth, throat or body

(Beck, 2017)

Essential Activities	Highly Desirable	Desirable
Work	Work in garden	TV
Food shopping	Clothes shopping	Manicures



(Beck, 2017)

do it anyway

Even if I don't feel like using a diet skill, I have to do it anyway. If I do only what I feel like doing, I won't be able to lose weight and keep it off.

it's okay to disappoint people

I'm entitled to do what I have to do to lose weight, as long as I am nicely assertive.

give myself credit

I deserve credit EVERY TIME I exercise. I deserve credit EVERY TIME I practice a dieting skill. I deserve credit EVERY TIME I stick to my plan.

say no to extra food

Get rid of extra food. It'll be wasted in the trash can or in my body. Either way, it's wasted.

eat mindfully

I need to eat slowly and mindfully while sitting down—EVERY SINGLE TIME.

put dieting first

I have to plan my life around exercise and dieting activities, not vice versa. I deserve to put myself first.

(Beck, 2017)

Setting a Weight Goal

- Maintain body mass index (BMI) within normal range:
18.5-24.9 kg/m²
 - Body mass index= Weight (kilograms)/Height (meters) ²
 - Calculator:
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

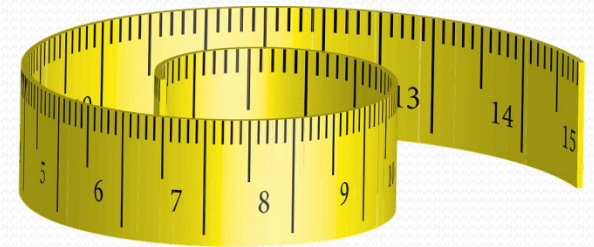
WEIGHT (pounds)	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
HEIGHT (ft-inch)	BODY MASS INDEX (BMI)																														
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5'1"	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46	47
5'2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45	46
5'3"	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43	44
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42	43
5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	40
5'7"	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38	39
5'8"	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37	38
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36	37
5'10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35	36
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34	35
6'0"	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33	34
6'1"	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33
6'2"	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	32
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30

Setting a Weight Goal

- Short term, small weight loss goals is often a more effective way to work towards achieving a larger weight loss goal
 - Weight loss between 5-10% is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugar
 - Breast cancer survivors who achieved $\geq 5\%$ weight loss demonstrated significant improvements in indices of insulin resistance
- 5-10% of your current body weight is a reasonable weight loss goal to begin with, making incremental changes as your weight loss progresses

Other Measurements of Weight Loss

- Waist Circumference
 - Abdominal fat is more likely to be visceral fat (rather than subcutaneous) which can have more negative health consequences and contribute to chronic inflammation
 - Recommend weight measurement for women is 31.5 inches



(American Institute for Cancer Research, 2011)

Plant based, reduced calorie recipe resources ideas:

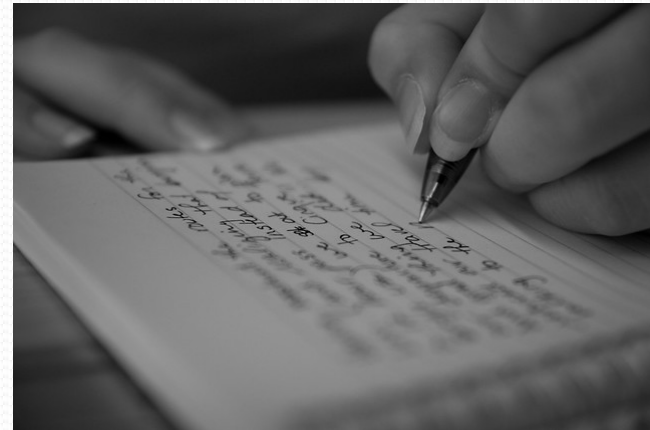
- www.aicr.org/healthyrecipes
- www.elliekrieger.com/recipes/
- www.cookinglight.com
- www.eatingwell.com

AICR Healthy Recipes



Tools for Weight Loss Success: **Food Journaling**

- **Pen & Paper**
- **Electronic:**
 - Myfitnesspal
 - WW (Weight Watchers)
 - Loseit!



Homework



- Support and Accountability



Tools for Weight Loss Success: Phone Check-In's

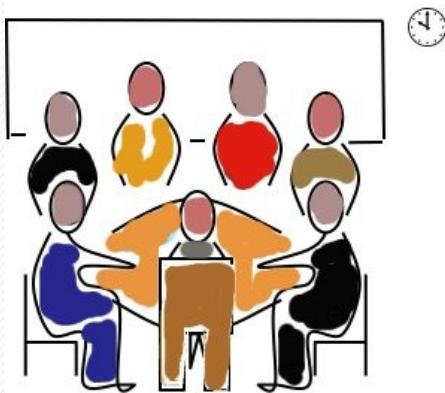
- Telephone delivered lifestyle intervention counseling has been shown to significantly improve weight loss and physical activity for breast cancer survivors



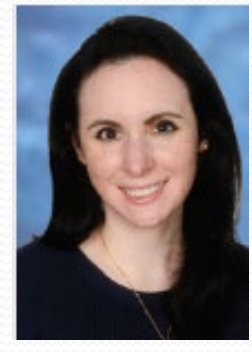
(Goodwin, 2014; Fazzino, 2017)

Tools for Weight Loss Success: Support Groups

- Research shows participants appreciate working in a group setting with other breast cancer survivors towards diet, physical activity, and weight loss goals



(Balneaves, 2014)



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**Appointments can be made with Oncology Dietitians at Inova Schar
Cancer Institute through the Life with Cancer website
www.lifewithcancer.com or by calling the Life with Cancer
Connect line: 703-206-5433 (LIFE)**

More Questions?



Feel free to contact me!

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Questions?



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