In this interactive discussion panel, you’ll become familiar with the increased risk of breast cancer recurrence due to obesity. Experts will review pathophysiology, assessment skills, barriers, and stigma placed on obese patients. You’ll also learn about naturopathic and diet supplements, contraindications, nutrition plans, and dietary challenges to help you understand how you can better treat these patients.

**Target Audience:** All Levels

**Level of Content:** Intermediate

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**Full Disclosure:** Nothing to Disclose

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**Objectives:**
At the end of this session, participants will be able to:
1. Understand the pathophysiology of adipose tissue and its effects on breast cancer recurrence.
2. Be able to demonstrate new methods of assessing the needs of obese patients and barriers to life-style changes.
3. Recognize many of the complications and barriers caused by obesity for patients that are meant to undergo imaging tests, biopsies, and other diagnostics.
4. Detect the improper use of supplements for the purpose of weight loss.
5. Identify techniques for life-style changes and how to integrate these changes into a care plan that is appropriate for your patient.

**Content Outline:**
I. Pathophysiology of obesity within the breast cancer patient population
   A. Genetic predisposition
   B. Hormone-related
      1. Treatment-induced
      2. Disease-induced
         a. Psychosocial aspects
         b. Risk of recurrence
II. Assessment of the obese patient with breast cancer
   A. Head-to-toe physical assessment
   B. Specific areas of focus
      1. Questions to ask your patient
      2. Red flags that need to be reported
III. Psychosocial needs
   A. Challenges with diagnosis
   B. Challenges with stigma from the healthcare professional
   C. How to talk to your patient appropriately regarding weight issues
IV. Naturopathic and supplemental challenges
   A. Current popular diet supplements
   B. What is contraindicated with many of the treatments
V. Diet and nutrition
   A. How to create a meal plan
   B. How to talk to your patient about life-style changes