Obesity is not only a recognized risk factor for cancer, but it is also associated with worsened prognosis and an increased risk for recurrence. A cancer diagnosis opens the opportunity to talk with patients about life-style issues that contribute to obesity and offer advice on changes they can make to mitigate their risks. Familiarize yourself with the latest evidence and guidelines about obesity and cancer as well as nursing interventions that can be integrated into your patient education.

**Target Audience:** Registered Nurses, Advanced Practice Nurses

**Level of Content:** Intermediate

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**Full Disclosure:** Nothing to Disclose

**Objectives:**
At the end of this session, participants will be able to:
1. Understand the impact of obesity on screening and diagnosis during treatment for patients with cancer and for survivors.
2. Understand barriers for professionals and patients impacting the care of the patient with cancer who is obese.
3. Apply evidence from clinical data supporting the role and real-world use of life-style interventions in the practice setting for patients with cancer who are obese.
4. Individualize care for patients who are overweight or obese by employing practice tools that assist in acquiring a comfort level with strategies to treat this patient group.

**Content Outline:**

I. Why is the assessment and management of obesity/weight important for patients with cancer?
   A. Review the impact of obesity on general cancer risk and the cancer-specific risks directly associated with obesity.
   B. Discuss the impact of obesity on screening, diagnosis, and treatment as well as on outcomes and survival.
   C. Describe the current understanding of the mechanisms of obesity and cancer risk.

II. Describe evidence-based obesity prevention and weight management interventions, patient care strategies, and considerations for patients with cancer across the care continuum.
   A. Discuss data on barriers to addressing obesity for oncology professionals.
   B. Explain the importance of thorough weight assessments and understand realistic goal setting.
   C. Apply behavioral strategies including the 5 As and Stages of Change to weight management and patient motivation.

III. Review recent clinical guidelines and position statements on obesity and cancer and apply them to guide practice.
   A. Review the evidence for diet, nutrition, exercise/physical activity, and multicomponent approaches to weight management in patients with cancer.
   B. Review safety concerns for treating this patient population.