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## HNA Prompt Sheet: Preventing Weight Gain

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Although people more commonly lose weight during cancer treatment, some people gain weight. Slight increases in weight during cancer treatment are generally not problematic. However, significant weight gain may affect a person's health.

Weight gain is an especially important health issue for women with breast cancer because more than half experience weight gain during treatment. Reports have shown that weight gain during treatment is linked to a poorer prognosis, which is the chance of recovery.

### Have you considered?

- Discussing potential weight gain at the start of treatment so people can take preventive action
- Providing information on healthy eating and exercise for during and after treatment
- The role of exercise for helping maintain weight and bone health, and improving muscular strength and stamina

### Services which may be able to help

- Community weight loss programmes
- Dietitian
- Physiotherapy
- Macmillan information centre
- GP
- Exercise on prescription via the GP
- Walking for health programmes

### Patient information

World Cancer Research: <http://www.wcrf-uk.org/>

Macmillan Cancer Support (Managing your weight after cancer CD):

<http://be.macmillan.org.uk/be/p-21053-managing-your-weight-after-cancer-treatment-cd.aspx>

<http://www.macmillan.org.uk/information-and-support/coping/maintaining-a-healthy-lifestyle/managing-weight-gain>

Change for Life: <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

Breast Cancer Care: <https://www.breastcancercare.org.uk/information-support/vita-magazine/losing-weight-safely-after-breast-cancer-treatment>

<https://www.breastcancercare.org.uk/information-support/vita-magazine/getting-active-secondary-breast-cancer#sthash.UMrncCQZ.dpuf>

The Haven (Guide to healthy eating):

<https://www.breastcancerhaven.org.uk/Handlers/Download.ashx?IDMF=8fb0b1d0-8394-418c-9980-d0c98d7ff23a>

## Want to know more?

Macmillan Move More:

<http://www.macmillan.org.uk/Documents/AboutUs/Commissioners/Movemorereport.pdf>

Walking for Health: <https://www.walkingforhealth.org.uk/walkfinder/London>