

# Weight Management Tools and Resources

## Healthy Weight

A healthy weight is an important part of cancer prevention. The link between body weight and cancer is clear. Being overweight increases the risk for many cancers, including:

- Colorectal
- Breast (post-menopausal)
- Endometrial
- Esophageal
- Pancreatic
- Gall bladder
- Kidney
- Liver

Making healthy lifestyle changes is important to reaching a healthy weight and reducing your cancer risk.

## Resources

To view any of the resources listed, click on the article title, search by title on MD Anderson's publications and newsletters page at [MDAnderson.org/publications.html](https://MDAnderson.org/publications.html) or scan the QR codes.

### How to Use QR Codes With a Smartphone or Tablet

- Make sure your mobile device has an internet signal or Wi-Fi connection.
- Open the camera app on your smartphone or tablet.
- Scan the QR code with the camera on your device.
- Tap the pop-up notification. The (video will play/document will open) in your web browser.

#### [Body Weight](#)

[Does cancer treatment cause unwanted weight gain?](#)



## Check Your Weight

To best understand your weight status, there are 2 important numbers to know – your Body Mass Index (BMI) and waist circumference. If you have a high BMI or waist circumference, you may be at increased risk of cancer and other health conditions.

### Body Mass Index

Your BMI measures your weight in relation to your height. As your BMI increases, so does your risk for some cancers.

### Waist Circumference

[Waist circumference](#) measures the size around your waist. People with large waists or an increase in waist size over time are at higher risk for some cancers.

## Resources

### [BMI: 4 things you should know](#)

Ask for a copy of the patient education documents listed below or view them in MyChart.



### [Body Mass Index \(BMI\) and Waist Circumference](#) [Bone Mineral Density Test: DXA Scan](#)

## Strategies for Weight Loss and Management

### **MD Anderson Programs For Weight Management**

MD Anderson offers many programs to help with weight management and a healthy lifestyle. Check them out to see if any are right for you.

#### **Be Well Communities™**

[Be Well Communities](#) work with the people in the community and community-based organizations to start programs that can lower the risk of cancer in five key areas: healthy eating, active living, sun safety, tobacco-free living and preventive care.

Current communities include [Be Well™ Acres Homes](#), [Be Well™ Baytown](#) and [Pasadena Vibrant Community](#).

#### [Active Living After Cancer](#)

Active Living After Cancer is a 12-week program for cancer survivors who are not currently in active treatment. It offers support to get active, make healthy choices and feel better. The program can help you start a healthy lifestyle to support a healthy weight.

#### [The Center for Energy Balance in Cancer and Survivorship](#)

The Center for Energy Balance has a goal to advance research to improve interventions that help change unhealthy behaviors in patients, survivors and those at risk for cancer. Several research studies are available and new ones may become available.

**Project TONE** – This study is designed to give more information about a diet and exercise program to lower body fat in post-menopausal women who are of normal weight but have a higher risk of breast cancer because of more body fat.

Email: [ProjectTone@MDAnderson.org](mailto:ProjectTone@MDAnderson.org)

**Text2Move Study** – This study is designed to provide information about how text messaging strategies can help increase physical activity and reduce the risk of cancer.

Email: [Text2Move@MDAnderson.org](mailto:Text2Move@MDAnderson.org)

For more information on these programs, visit [https://bit.ly/TONE\\_Text2Move](https://bit.ly/TONE_Text2Move)

### [The Healthy Living Clinic](#)

The Healthy Living Clinic is available to patients seen in MD Anderson's Lyda Hill Cancer Prevention Center. It can help you assess your eating habits and set nutrition goals, provide clinical fitness assessment, create a custom exercise program and provide ongoing support.

### [Integrative Medicine Center](#)

The Integrative Medicine Center offers treatments that help lower stress and anxiety. These treatments can also help improve physical, mental and emotional well-being. Clinical services that may help with weight management include consults with:

- A physical therapist focused on exercise and physical activity
- A registered dietitian focused on nutrition
- A health psychologist

The Integrative Medicine Center offers programs to guide cancer survivors to healthy lifestyle changes.

- IM Fit
- IM Healthy

Ask for a copy of the **Healthy Lifestyle and Weight Loss Programs Integrative Medicine Center** patient education document or view it in MyChart.

### **Lifestyle Changes**

When you eat fewer calories, move more, and make other lifestyle changes, you can lose and maintain your weight. These lifestyle changes can also help lower your risk for cancer and help you reach a healthy weight.

### **Resources**

[Survivorship: Nutrition and Physical Activity Guidelines for Cancer Survivors](#)

[Survivorship: Heart Health for Cancer Survivors](#)

[4 weight loss tips that worked](#)

[9 weight loss strategies that work](#)

[Resolve to lose weight the healthy way](#)

[Combination of diet and exercise improves outcomes for obese pediatric cancer patients](#)

[Safe and Successful Weight-management Programs](#)



### **Nutrition and Healthy Eating**

Nutrition is important for a healthy lifestyle, to lower your risk of cancer and helps with weight management. The guidelines for a healthy diet after cancer are similar to those to prevent cancer. It is best to include different plant foods such as whole grains, vegetables, fruits, bean, nuts and seeds. Limit or do not eat or drink sugary drinks, processed foods, alcohol, red or processed meats and salty foods.

## Resources

### [@TheTable](#)

[The keto diet and cancer: What patients should know](#)

[How to choose the best diet](#)

[The truth behind 4 energy balance myths](#)

[How to read a nutrition label](#)

[What you need to know about the ketogenic diet](#)

[Intermittent fasting: What you need to know](#)

[4 things you should know about cleanses, detoxes and fasts](#)

[Water and your health: Q&A with our expert](#)

[5 benefits of a plant-based diet](#)

[How to build a healthy snack](#)

[Intuitive eating: 4 tips to get started](#)

[Phytochemicals and cancer: What you should know](#)

[4 ways to beat a weight loss plateau](#)

[Portion sizes and your cancer risk](#)

[What happens when you overeat?](#)

[Q&A: Should I see a dietitian?](#)

[What are macronutrients?](#)

[Food and exercise tracking: Do's and don'ts](#)

[When setting diet and exercise goals, be SMART](#)

[Nutrition Basics for Patients and Caregivers](#)

[Bowel Problems: Prevention and Treatment](#)

## Physical Activity

Physical activity is another important part of a healthy lifestyle, cancer risk reduction and weight management. It offers many more benefits beyond these as well. It is important to be physically active and find activities you enjoy. Think about ways to move more and sit less.

## Resources

[3 reasons to sit less](#)

[Can exercise make chemotherapy more effective?](#)

[Exercise during cancer treatment: 4 things to know](#)

[How to add more exercise and activity to your day](#)

[How to determine calorie burn](#)

[How strength training pumps up your health](#)

[Is walking good exercise? 4 top questions answered](#)

[What is the best time of day to exercise?](#)

[Why muscle toning is a myth](#)

[Are you trapped in a sedentary lifestyle? Here's how to get out](#)

[Overcoming diet and exercise slips](#)

## Sleep

Sleep is important for your health and well-being. Without good sleep you may not have the energy to stay physically active, make healthy food choices and manage stress. Good sleep also helps you lose and maintain weight.

## Resources

[Cancer prevention, sleep and obesity: Is there a link?](#)

[8 healthy sleep habits](#)

[Sleep Center](#)

[Melatonin for cancer patients: Is it safe?](#)

[Sleep yoga: between relaxation and meditation](#)

## Stress Management

Stress can affect how your body works, your health and weight. A healthy lifestyle includes how you manage and find ways to lower stress and its affects you. How you cope with stress will also support efforts to lose and manage weight.

## Resources

[5 ways to cut stress](#)

[5-minute stress relief](#)

[Meditation: 7 things to know](#)

[8 foods that impact stress](#)

[Lower your stress with beginner meditation techniques](#)

[How stress affects cancer risk](#)

## More Information

For more information and resources visit any of The Learning Center locations or their recommended resources pages.

- [MDAnderson.tlc.Libguides.com/Nutrition](https://MDAnderson.tlc.libguides.com/Nutrition)
- [MDAnderson.tlc.Libguides.com/Nutrition/PhysicalActivity](https://MDAnderson.tlc.libguides.com/Nutrition/PhysicalActivity)
- [MDAnderson.tlc.Libguides.com/Nutrition/PhysicalActivityCancer](https://MDAnderson.tlc.libguides.com/Nutrition/PhysicalActivityCancer)

You can also visit the sites below for more information.

- [CDC.gov/HealthyWeight/Tools/index.html](https://CDC.gov/HealthyWeight/Tools/index.html)
- [CDC.gov/HealthyWeight/index.html](https://CDC.gov/HealthyWeight/index.html)
- [Healthy Living and Weight](#)

Another good resource is your insurance company. Benefits may include a wellness program. Ask your insurance provider for details.

[Take Advantage of Wellness Programs From Your Health Insurance](#)

