



# A PATIENT'S GUIDE TO LOSING WEIGHT To Reduce Your Risk of Endometrial Cancer

## FAST FACTS

- Body Mass Index (BMI) is one measurement that your doctor may use to discuss your weight.
- BMI is an estimate of body fat. Individuals with a BMI of 25.0 to 29.9 are considered overweight. Those with a BMI above 30.0 are considered obese.
- Obesity is a risk for many cancers, especially endometrial cancer. In fact, if you are obese, your risk for endometrial cancer may be 10 times higher.
- Obesity may affect how your cancer is treated (surgery, chemotherapy and/or radiation).
- If you are overweight or obese, ask your doctor for information about diet and exercise programs.
- Consider asking for a referral to a weight loss surgery expert if diet and exercise programs do not work.
- If you are an obese woman with cancer, your quality of life and even chances of survival can be improved if you lose weight.
- A 5 to 10 percent decrease in weight can lower your risk of cancer, diabetes, heart disease and death.

## EXERCISE

Here is a list of resources for exercise recommendations and programs that can help you get started. Be sure to look for exercise programs and classes in your neighborhood to get personal support.

### **American Cancer Society (ACS): Eat Healthy and Get Active**

[www.cancer.org/healthy/eathealthygetactive/](http://www.cancer.org/healthy/eathealthygetactive/)

This site provides details about the importance of exercise in cancer prevention as well as resources providing exercise guidelines and tools to set goals and manage physical activity.

### **American Council on Exercise (ACE): Get Fit**

[www.acefitness.org/acefit/](http://www.acefitness.org/acefit/)

This site is full of fitness programs including personalized training workouts and a library of exercise programs. Links to local exercise trainers are provided.

### **American Heart Association: Getting Healthy – Physical Activity**

[www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity\\_UCM\\_001080\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp)

This site provides the American Heart Association guidelines for physical activity, tips for getting started and tips for long-term success.

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**Centers for Disease Control and Prevention: Physical Activity**  
[www.cdc.gov/physicalactivity/everyone/guidelines/index.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html)

This site offers physical activity guidelines for all Americans, including interval and type of exercise. Measures for physical activity intensity are provided, as well as success stories to inspire you.

**National Association for Health and Fitness**  
[www.physicalfitness.org/](http://www.physicalfitness.org/)

This is a non-profit organization that exists to improve the quality of life for individuals through promotion of physical fitness, sports and healthy lifestyles. The site has links to information on fitness, physical activity, and general well-being.

**World Health Organization: Health topics – Physical Activity**  
[www.who.int/topics/physical\\_activity/en/](http://www.who.int/topics/physical_activity/en/)

This site provides clear definitions of physical activity and global recommendations on physical activity for health.



## DIET

The following websites are designed to help you to lose weight and eat healthy. Additional resources may be available through the nutritionist at your cancer center, clinic or hospital.

**Caring 4 Cancer**  
[www.caring4cancer.com/](http://www.caring4cancer.com/)

This site provides education materials and videos regarding diet and nutrition in cancer.



Society of Gynecologic Oncology

**Livestrong**  
[www.livestrong.org/](http://www.livestrong.org/)

This site provides both education and food journaling for cancer survivors. There are also videos and blogs including recipes and motivational materials.

**Wellness Community**  
[www.twccaz.org/](http://www.twccaz.org/)

This is a local site in Arizona but is an example of a type of website that maybe available in your city or state to provide local resources and articles.

**Academy of Nutrition and Dietetics**  
[www.eatright.org/](http://www.eatright.org/)

This site provides education materials for both patients and health care professionals regarding nutrition.

**Choose My Plate**  
[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

The site “choosemyplate.gov” is a great site for tracking diet and obtaining healthy recipes. Patients can also obtain daily food plans and worksheets. “Supertracker” can help you plan and track your meals.

**American Institute for Cancer Research**  
[www.aicr.org/](http://www.aicr.org/)

The American Institute for Cancer Research has a program called the “New American Plate Challenge.” This program is 12 weeks long and provides instruction regarding healthy eating that specifically includes Foods that Fight Cancer™. You can track your progress and exchange messages with other members.

The Society of Gynecologic Oncology is an 1,800-member organization of medical specialists dedicated to the eradication of gynecologic cancers. Our members include primarily gynecologic oncologists, as well as medical oncologists, pathologists, radiation oncologists, hematologists, surgical oncologists, obstetrician/gynecologists, nurses, physician assistants, and other allied health care professionals interested in the treatment and care of women's cancer.

**SGO.ORG/OBESITY**

Working to Eradicate Gynecologic Cancers