Overweight and obesity play an important role in the development of various common cancers and the risk of recurrence for survivors. Patients with cancer who are overweight or obese face additional challenges, such as decreased quality of life and difficulties managing side effects. Obesity is a modifiable risk factor, and yet many survivors lack the proper education or support to successfully reduce this risk. Although healthcare providers are beginning to promote a more open dialogue with patients about weight management, barriers still exist that can delay or prevent this important conversation.

A Healthcare Provider’s Guide to Cancer and Obesity provides evidence-based guidance to understanding the link between obesity and cancer and talking with patients and survivors about weight management and physical activity. Through topics such as motivational interviewing, patient challenges, mindfulness, and barriers and facilitators, each chapter addresses obstacles and issues that healthcare providers may face when discussing weight management and weight loss with patients, as well as how to overcome them.

This easy-to-use resource will equip healthcare providers with the tools needed to educate, encourage, and support survivors in making essential lifestyle changes to promote optimal health, longer survival, and better quality of life.