



Dana-Farber
Cancer Institute



**BRIGHAM AND
WOMEN'S HOSPITAL**

DANA-FARBER/BRIGHAM AND WOMEN'S CANCER CENTER

Weight management

We encourage all patients to maintain a healthy body weight. As a breast cancer survivor, maintaining a healthy body weight has been shown to reduce the risk of breast cancer recurrence and can improve your quality of life. Because of the many possible benefits of weight loss, health providers encourage women who are overweight or obese to take steps towards a healthier lifestyle. While making big lifestyle changes can seem overwhelming, we encourage you to take small steps to increase your activity levels and follow a healthy diet. Be sure to check in with your doctor before starting any new diet or exercise regime and know that they will be willing to help you on this journey to a healthier lifestyle. A number of programs and resources are available and designed to give you the tools and support you need, some of which we have listed below:

Additional Information on weight management and breast cancer:

Information from the American Cancer Society can be found [here](#)

More detailed information from cancer.net on [Obesity, Weight and Cancer Risk](#)

Insurance Coverage and Employee Benefits

Your health insurance plan may help pay for weight-management services or programs.

Contact your insurance provider for information about weight management benefits. Ask:

- What does it offer? What services are covered? Is a referral required or do you have a co-pay? How many sessions or weeks are covered? Any discounts for health/wellness activities or supplies?
- Can you use your insurance with any nutritionist, fitness facility, or weight-management program? Or do you need to see a provider or program that is part of the insurance network?
- Does the insurance plan have a list of approved programs or providers in your area?

Talk with your primary care provider about finding weight-management programs in your area. Please note many programs require self-payment for a portion or all services.

Check your employee benefits. Many employers offer weight management benefits, usually at no cost. This may be in addition to benefits covered by your insurance company. Employers vary in what they provide but typically your Human Resources department should be able to answer questions about what support is available. Please check with your employer to find out what services are covered.

Helpful Programs at Dana-Farber/Brigham and Women's Cancer Center

- **Nutrition Services** provides individual consultations and ongoing counseling for weight loss, educational programs, and online resources. For more information about nutrition or to schedule an appointment:



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- **At Dana Farber:** call 617-632-3006 or visit www.dana-farber.org/nutrition.
- **At Brigham and Women's:** call 617-732-6054 or visit <https://www.brighamandwomens.org/patients-and-families/meals-and-nutrition/nutrition-counseling>
- **Exercise Consults** include a session with an exercise physiologist to develop a personalized plan tailored to your specific needs. This program is for patients and survivors looking to start an exercise routine or modify an existing routine. Call 617-632-3006 or visit www.dana-farber.org/exercise.
- **The Leonard P. Zakim Center for Integrative Therapies and Healthy Living** offers a free 15-week weight loss program twice yearly: <https://www.dana-farber.org/for-patients-and-families/care-and-treatment/support-services-and-amenities/zakim-center-for-integrative-therapies/>.