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New Program Helps Cancer Survivors Deal with Weight Gain

Camden, NJ—Chemotherapy is over; the radiation treatment is complete and cancer patients are finally getting back into a more normal routine. Back to work, but in an unfamiliar body.

“Breast cancer patients often struggle with weight gain after treatments,” said Generosa Grana, M.D., Director of the Cooper Cancer Institute. “The effects of chemotherapy and the medications used to combat the effects of chemotherapy, hormonal agents used to treat the breast cancer, as well as the emotional issues that follow this diagnosis, all contribute to weight issues.”

Contributing to the importance of weight gain, recent studies suggest that significant restriction of fat in the diet can lead to significant reductions in the risk of cancer recurrence in breast cancer survivors, particularly those whose cancer is estrogen receptor negative and not getting hormonal therapy.

The Cooper Cancer Institute is now offering a specialized eight week group weight management program that is geared towards women who have completed their cancer treatment. This group will focus on nutrition, physical activity, and the emotional concerns associated with weight gain and continuing cancer treatment.

“Patients are talking with their doctors about their concern over their weight gain,” said Alicia Michaux, M.S., R.D., Cooper cancer program dietitian. “By providing a comprehensive nutrition, behavior, and exercise group right here at Cooper, we help patients feel that they are an active participant in their cancer care and have control in their decision making.”

The group will meet every Tuesday for eight weeks beginning on May 1st from 6 p.m. to 7:30 p.m. at the Cooper Cancer Institute in Voorhees. The cost is \$40 for the eight week session. Please call 1-800-8-COOPER (1-800-826-6737) to register.

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About the Cooper Cancer Institute

The Cooper Cancer Institute (CCI) is an affiliate of The Cancer Institute of New Jersey, a National Cancer Institute-designated Comprehensive Cancer Center. Comprehensive Cancer Centers are leaders in cancer treatment, research, and education. The Cooper

Cancer Institute is the only American College of Surgeons Teaching Hospital Cancer Program in South Jersey.

Within the Cooper Cancer Institute, teams of doctors – medical oncologists, radiation oncologists and surgeons – work together to provide advanced care for cancer patients. The CCI has six specialized centers: breast cancer, gastrointestinal cancer, genitourinary cancer, gynecologic cancer, leukemia/lymphoma and lung cancer.