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## **Obesity and Cancer** [1]

This section has been reviewed and approved by the **Cancer.Net Editorial Board [2]**, 04/2014

More than two-thirds of American adults are overweight or obese, making this an important topic for people living with cancer. When a person is overweight or obese, it means that they have too much body fat in relation to lean body tissue, such as muscle. A combination of many factors causes people to become overweight or obese.

It is never too late to take steps to improve your health. This booklet provides basic information for people with cancer and cancer survivors on managing weight, addresses some of the emotional challenges that come with making healthy lifestyle changes, and provides resources that can help.

### **Obesity, Weight, and Cancer Risk** [3]

Learn about the relationship between cancer risk and obesity and ways to manage weight.



[4]

### **Obesity's Link to Cancer** [4]

Find out about cancer and obesity through this infographic.

### **More Information**

[Physical Activity: Tips and Suggestions](#) [5]

[Diet and Nutrition](#) [6]

[How to Make Positive Lifestyle Changes While Living With Cancer](#) [7]

### **Additional Resources**

Society of Gynecologic Oncology: A Patient's Guide to Losing Weight to Reduce Your Risk of Endometrial Cancer [8] and Clinical Trials on Exercise, Diet, Nutrition, Endometrial Cancer and Cancer Survivors [9]

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**Links:**

[1] <http://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/obesity-and-cancer>

[2] <http://www.cancer.net/about-us>

[3] <http://www.cancer.net/node/25008>

[4] [http://www.cancer.net/sites/cancer.net/files/obesity\\_infographic.pdf](http://www.cancer.net/sites/cancer.net/files/obesity_infographic.pdf)

[5] <http://www.cancer.net/node/24996>

[6] <http://www.cancer.net/node/24965>

[7] <http://www.cancer.net/node/24583>

[8] [https://www.sgo.org/wp-content/uploads/2014/03/1415SGO-0314\\_Losing\\_Weight.pdf](https://www.sgo.org/wp-content/uploads/2014/03/1415SGO-0314_Losing_Weight.pdf)

[9] [https://www.sgo.org/wp-content/uploads/2014/03/1416SGO-0314\\_Clinical\\_Trials.pdf](https://www.sgo.org/wp-content/uploads/2014/03/1416SGO-0314_Clinical_Trials.pdf)