

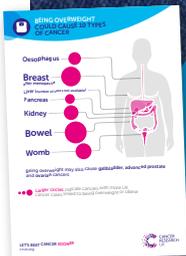
CANCER INSIGHT

FOR PRACTICE NURSES

October 2016

WHAT YOU NEED TO KNOW ABOUT OBESITY AND CANCER

INSIDE:
A3 poster to
display in
your practice



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THE LINK BETWEEN OBESITY AND CANCER

After smoking, being overweight or obese is the single biggest preventable cause of cancer

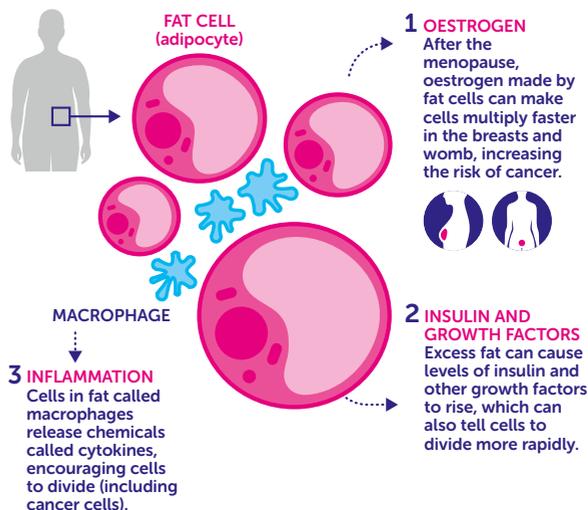
The latest statistics show that around 60% of adults and 30% of children in the UK are overweight or obese. This trend is set to continue so it's time to act now. With 1 in 20 cancers linked to excess weight, cancer incidence is also expected to rise.

Tackling obesity is a government priority, but their plan to address children's obesity leaves much to be desired. We need more comprehensive measures for this to be effective.

Reducing the prevalence of being overweight or obese by 1% each year could save around £40 million in NHS costs annually from 2035. Here's some key information on obesity and cancer and how you can approach this subject with patients.

HOW COULD OBESITY LEAD TO CANCER?

Research has identified three main ways



There are other theories too, but these are the main ideas being studied. More research is needed to understand this in more detail.

HOW DOES OBESITY IN CHILDHOOD AFFECT CANCER RISK AS AN ADULT?



Reducing obesity by **1%** each year could avoid **64,200** cases of cancer over the next 20 years.

DISCUSSING WEIGHT WITH PATIENTS

ASK
ADVISE
ACT

Many health professionals are nervous about bringing up weight, but often patients do want to discuss it. **Very brief advice (VBA)** is a simple piece of advice you can give to patients in less than 30 seconds. Tried and tested as an effective technique for smoking cessation, VBA is now being explored in weight management. It's based on three principles: **ASK, ADVISE, ACT**. Using this framework, you can quickly assess a patient's willingness and motivations to lose weight, offer support and agree immediate next steps in the moment.

ASK Give the patient the opportunity to talk about their weight, respecting their decision if they choose not to.

(Recording a patient's weight can help to open up conversations.)

Eg, "Part of my role is to assess and improve your overall

health. While you're here, do you want to discuss your weight?"

ADVISE Share information about what support is available in your practice and in the local area.

Eg, "We can help you access support that works for you, if you're interested?"

ACT Provide information and refer patients to available support. If appropriate, schedule in a follow-up appointment to assess progress.

Eg, "Let's get that booked in for you. In the meantime, you may find some useful advice on weight in this leaflet."

"Before the nurse raised it, I didn't realise that I was at an unhealthy weight. They worked with me to set realistic goals."

Sign up to *Cancer Insight* e-newsletters and learn more about the emerging evidence for VBA in weight management, as it's published. Email cancerinsight@cancer.org.uk

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and receive more helpful tools and resources for weight management with your patients.



LET'S BEAT CANCER SOONER

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103).



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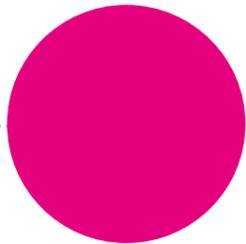
BEING OVERWEIGHT COULD CAUSE 10 TYPES OF CANCER

Oesophagus



Breast

after menopause

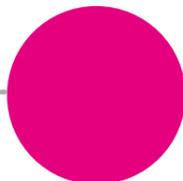


Liver (number of cases not available)

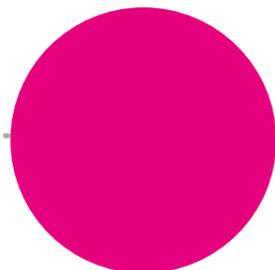
Pancreas



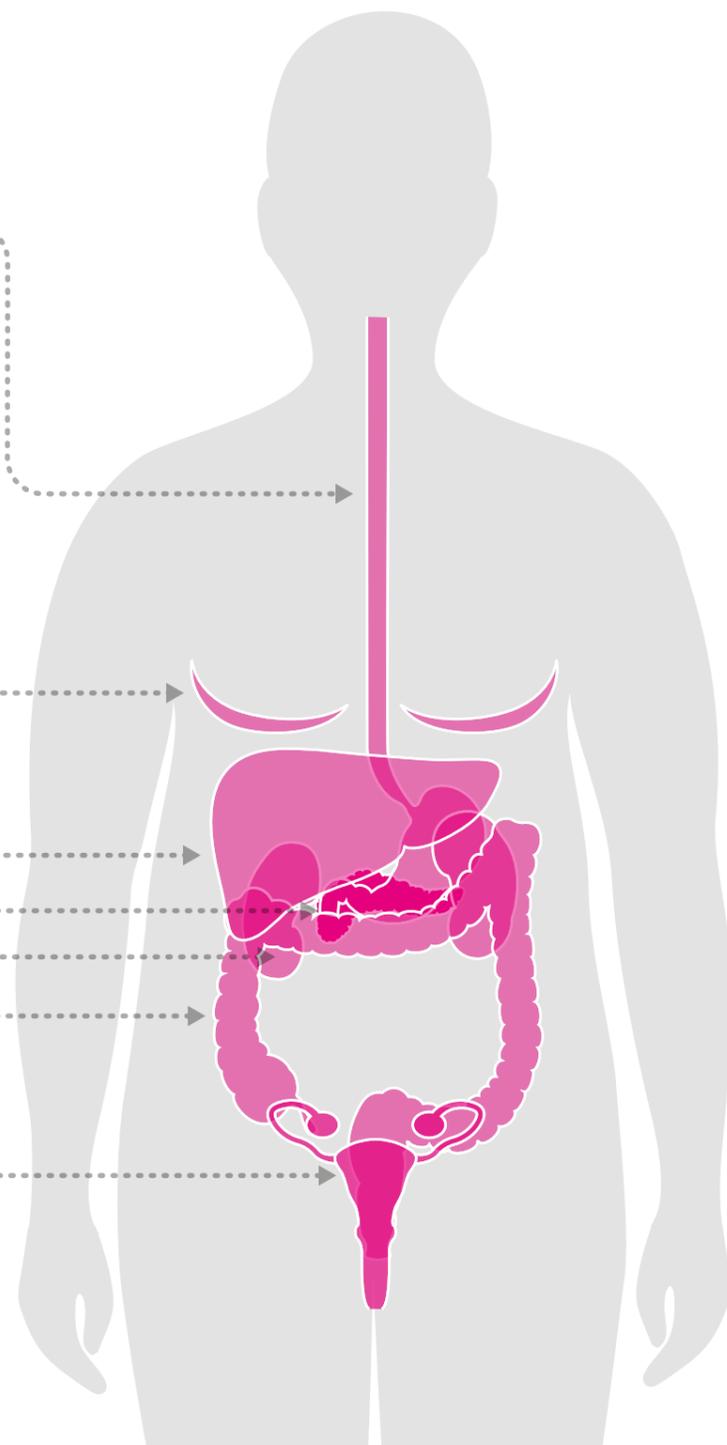
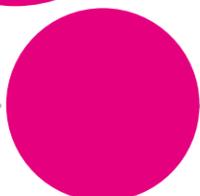
Kidney



Bowel



Womb



Being overweight may also cause **gallbladder, advanced prostate and ovarian cancers**



Larger circles indicate cancers with more UK cancer cases linked to being overweight or obese