

Managing Weight Gain

Weight gain is a very common complaint of women as they go through treatment for breast cancer. This may be attributed to the increased appetite and food cravings that come with certain medications, the stress and emotional eating that can follow a cancer diagnosis, or a reduction in physical activity due to fatigue. Whatever the cause, it's important to meet with your nutritionist to help you put together a lifestyle plan. At Dubin, we discourage fad or yoyo dieting and want to help you get to your desired weight through healthy and sustainable behavior changes. Your nutrition consultation will focus on lifestyle factors that contribute to health, such as sleep patterns, diet, physical activity, and stress.