

## Optimizing Nutrition and Weight in Cancer Care – Information & FAQ

<b>WHO</b>	<p>Optimizing Nutrition and Weight in Cancer Care GMV is open to:</p> <ul style="list-style-type: none"> <li>• Adults with cancer</li> <li>• Adults who have had cancer and have a body mass index greater or equal to 25 kg/m<sup>2</sup>.</li> </ul> <p>Calculate your BMI here: <a href="#">Body Mass Index Calculator</a></p>
<b>WHAT</b>	<p>The aim of this group medical visit is to optimize your nutrition and weight based on current research. This is achieved by using tools to prioritize areas in your life, establish a healthy mindset and develop individual goals. Time will be spent during the sessions using these tools and opportunities will be available to share your experiences. See <a href="#">Body Weight and Cancer Risk</a> for more information.</p> <p>In addition, Culinary Medicine will be explored. During this segment of the session, you explore simple, easy, inexpensive cooking techniques that are delicious and support a healthy eating pattern. Simple recipes and short ingredient lists will be provided.</p> <p><b>What to expect:</b> This is a series of three sessions, each is <b>2 hours</b> long. Sessions are meant to be casual, interactive, fun, and educational.</p> <p>The sessions will be led by senior physician assistant, Rebecca Greiner, PhD, PA-C.</p>
<b>WHEN</b>	<p><b>Wednesdays 9:00 a.m. – 11:00 p.m.</b></p> <p>Participants must be available to attend all 3 sessions.</p>
<b>WHERE</b>	<p>Sessions will take place virtually using Zoom. It is helpful to have access to a kitchen for the Culinary Medicine segment of the visit.</p>
<b>WHY</b>	<p>Nutrition and body weight are related to cancer risk. A healthy eating pattern and an optimal weight may improve quality of life, increase well-being, and possibly reduce the risk of recurrence or other chronic diseases such as heart disease or diabetes.</p> <p>See <a href="#">Body Weight and Cancer Risk</a> and <a href="#">American Cancer Society</a> for more information.</p>
<b>OTHER TIPS</b>	<p>Sessions are based on a free online resource: <a href="#">Anticancer Lifestyle Program</a>. This program consists of short videos, guides, tools, and resources. You must register for the program, but there is no cost.</p> <p>Portions of the Anticancer Lifestyle Program provide the framework for each session. Information about each session will be sent out at least one week prior to each session. It is recommended that you view the portions of the Anticancer Program in preparation for each session.</p> <p>Simple recipes and ingredient lists will be provided prior to each session. This portion of the session will provide opportunities to practice or learn cooking skills and have fun!</p>

## Frequently Asked Questions (FAQ)

**Q: Why is a BMI of 25 or greater required?**

A: Individuals with a BMI of 25 or greater have a higher risk for cancer compared to individuals with a BMI of < 25kg/m<sup>2</sup>. [Centers for Disease Control and Prevention](#). Although BMI is not a perfect measure and may not apply to equally to all individuals, it is an adequate screening tool for our purposes.

**Q: Will I lose weight during the series?**

A: Losing weight in a healthy way requires readiness to change and the use of tools for long term maintenance. While you may lose weight during the series, the aim of this group medical visit is to provide tools you can use as you move toward a healthy eating pattern and optimal weight.

**Q: Why are we learning to cook?**

A: Research shows that people who cook at home eat more vegetables and fruits and have healthier diets compared to people who eat out of the home. Culinary Medicine combines the science of medicine with the art of cooking by teaching simple, easy, healthy cooking techniques to encourage people to cook at home. Cooking can be social, healthy, and fun! All the recipes used in this series are adaptable to individual tastes and preferences.

**Q: Are the recipes difficult?**

A: Most of the recipes used will have 5 ingredients or less. They are adaptable to preferences and individual tastes. The recipes are more appropriately called cooking techniques that be used again and again with a variety of ingredients.

**Q: Does insurance cover these visits?**

A: Yes. These visits are billed as a video visit under Kavita Mishra, MD (NPI: 1568640076), who is the billing provider for Rebecca Greiner, PA (NPI: **1285172536**) in our clinic.

**Q: What is the CPT code for this visit?**

A: Maximum 99205 for new patient visit and 99215 for follow up visit. Sometimes we bill at lower complexity.

**Q: Can a family member attend to assist a patient?**

A: If you need a family member to join, please let the schedule know. I will contact you directly to discuss your needs.

## Additional Resources

[Anticancer Lifestyle Program](#)

[American Cancer Society](#)

[Body Weight and Cancer Risk](#)

[Body Mass Index Calculator](#)

UCSF Osher Center for Integrative Health webpage for Group Medical Visits: <https://osher.ucsf.edu/GMV>