



THE BRITISH DIETETIC ASSOCIATION

The Professional Association for Registered Dietitians
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M e d i a R e l e a s e

THE BRITISH DIETETIC ASSOCIATION AWARD

BREAST CANCER WEIGHT GAIN RISK STUDY WINS PRIZE

BDA member Dr Michelle Harvie has won the prestigious Rose Simmonds Memorial Award, given by the British Dietetic Association for “advancing the science and practice of dietetics.”

Dr Harvie’s paper established the dangers of weight gain among women breast cancer patients and earned her the top research prize.

Dr Harvie works with The Genesis Appeal, the only British breast cancer charity solely dedicated to prevention of the disease.

Her paper showed how women undergoing chemotherapy as part of their treatment put on more than a stone in weight on average and added at least two inches to their waistlines.

Dr Harvie said: “Women put on weight because both during and after treatment, they were less active and because their metabolic rates – the rates at which their bodies process food – had dropped. However, they weren’t eating any less.

“There is a clear need for patients to watch their weight for more than just the sake of how they look. There is evidence that women who gain more than a stone in weight have a 60 per cent greater risk of a relapse.”

More...

Website: <http://www.bda.uk.com>

Dr Harvie collected her award at the BDA conference in Cardiff in June. She is currently writing a book detailing how women can not only improve their chances of recovery from breast cancer by altering their diet but how they can reduce the risk of developing the condition in the first place by controlling what and how they eat.

The Genesis Appeal has raised more than £1.5 million towards the Breast Cancer Prevention Centre. Work on the facility is due to begin in the coming months following a decision by the Greater Manchester Strategic Health Authority to make up the difference in the £14 million total cost of the project.

The Centre will spearhead pioneering new research into early diagnosis of the condition and how diet and exercise can help prevent the disease. The facility will also house an education unit for breast cancer specialists and a state-of-the-art diagnostic and treatment centre.

ENDS

Notes to Editors

1. The British Dietetic Association Awards ceremony will be held on Wednesday 15 June 2005 at The Thistle Hotel, Cardiff.
2. Further information on the conference and the awards ceremony is available from:

Dr Frankie Phillips National PR Officer, The British Dietetic Association.
Tel: 01626 362473, Mobile: 07958 715222, Email: pr@bda.uk.com

3. The British Dietetic Association, founded in 1936, is the professional association for registered dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with over 5,000 members. About two-thirds of members are employed in the National Health Service. The remaining members work in education, industry, research, sport settings or freelance.

Registered dietitians hold the only legally-recognisable graduate qualification in nutrition and dietetics. They are experts in interpreting and translating the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems. Their advice is sound and based on current scientific evidence.

Registration, awarded by the Health Professionals Council, is an indication that a dietitian is fit to practise and is working within an agreed statement of conduct.

For further details about the British Dietetic Association, please visit our website: www.bda.uk.com

June is Weight Wise at Work month
Choose Healthy Work Habits
www.bdaweightwise.com

Website: <http://www.bda.uk.com>