



European Cancer Patient Coalition launches Patient Nutrition booklet, “Living well during Cancer Treatment”

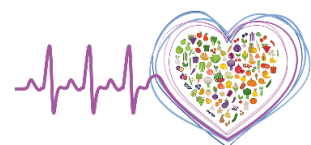
On 1 June 2018, ECPC is launching our Patient Nutrition booklet, titled 'Living Well During Cancer Treatment'. The European Cancer Patient Coalition has always played an active role in promoting the well-being of people with cancer, and it is promoting awareness on the importance of nutrition and physical activity for people with cancer. The management of nutrition and physical activity is important for all, but even more so for people with cancer, as survival and quality of life are increasing.

The European Cancer Patient Coalition, in collaboration with Sapienza University of Rome and Healthware International, conducted a European survey of 907 people with cancer about the importance of nutrition and physical activity. The results from the survey demonstrated a substantial gap in the information and practical management of cancer-related nutritional and physical activity issues. These data were developed into a scientific manuscript titled “*Perception of nutritional and metabolic derangements in patients with cancer and cancer survivors: Results from a European Cancer Patient Coalition 2016 survey*” which has been submitted to a peer-reviewed journal for publication.

Francesco De Lorenzo, President of the European Cancer Patient Coalition, stated that “Nutrition and physical activity are vitally important for people with cancer, as well as for the outcome of their treatment. However, our research indicates that the majority of cancer patients report that their doctors are not checking their weight or discussing nutrition and physical activity.” Nutrition and physical activity are crucial components of cancer treatment and rehabilitation, as they help patients better cope with the illness. However, given the focus on the cancer and its cure, nutrition and physical activity are often neglected, leaving patients and their families with doubts, questions and the need for practical guidance on how to ensure adequate nutrition on a daily basis, especially during therapy.

Following our successful event on 7 November 2017 at the European Parliament, championed by MEP Daciana Octavia Sârbu, and our March awareness campaign on the importance of nutrition and physical activity for people with cancer, which had a social reach of more than 203,046 people. With the launch of the 'Living Well During Cancer Treatment' booklet, we are looking forward in providing the patient community and healthcare professionals with further information on the topic.

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