Living well during CANCER TREATMENT

Key Messages

CANCER AND CANCER TREATMENT COULD AFFECT YOUR TASTE, SMELL, APPETITE AND YOUR BODY’S ABILITY TO ABSORB NUTRIENTS

It is essential to individualise dietary counseling and the adaptation of nutritional plans.

MALNUTRITION HAS A NEGATIVE IMPACT ON ONCOLOGICAL OUTCOMES

Patient-reported weight loss is critical in assessing cancer related malnutrition.

SOME VITAMINS AND/OR HERBAL SUPPLEMENTS CAN INTERFERE WITH YOUR THERAPY

Ask your cancer care team for advice before taking any vitamins and/or herbal supplements.

WHEN DIETARY MEASURES FAIL TO MEET PROTEIN-CALORIE REQUIREMENTS, ORAL NUTRITIONAL SUPPLEMENTS ARE CONSIDERED

Oral nutrition is consistently the first method of choice for treatment.

DIFFERENT DRUGS CAN CAUSE DIFFERENT SIDE EFFECTS IN A VARIETY OF PATIENTS

If you have concerns about side effects, contact your cancer care team.

REQUEST REGULAR NUTRITIONAL SCREENING, DIETARY COUNSELING, AND PSYCHO-ONCOLOGICAL SUPPORT AS PART OF YOUR MEDICAL CARE

Nutritional- and psycho-oncological counseling is correlated with increased patient adherence.

Avoid Cancer Anorexia / Cachexia

Malnutrition can lead to cancer anorexia, also known as cachexia.

Cachexia is a condition that is brought on by several contributing causes, such as reduced metabolism and insufficient food intake, contributing to loss of muscle mass and reduction in bodyweight.

This leads to an impaired physical functioning in the individual, reduced tolerance to cancer treatment and ultimately reduced survival rates.

https://ecpc.org/tool-box/nutrition-booklet/
8 Questions to ask your Oncologist:

1. What is my current weight?
2. Is it important for me to maintain my weight during treatment?
3. How can I improve my appetite and nutrition during treatment?
4. What do you recommend I eat during treatment?
5. Are there any foods I should avoid?
6. What are my options if my normal daily nutritional intake is insufficient?
7. Should I be taking vitamins or antioxidants during treatment?
8. How can I maintain my physical activity during my treatment?

The nutrient needs of each individual varies. Your cancer care team can help you identify your personal nutritional goals. Only seek nutritional advice for your treatment from accredited dieticians and other healthcare professionals.

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