



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/>



European Cancer
Patient Coalition

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 dietitians and other healthcare professionals.

Baxter



Boehringer
Ingelheim