



EUROPEAN
CANCER
PATIENT
COALITION

Session I: Cancer patients' nutritional needs

Launch of ECPC Consultation document

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What we do?

ECPC is the unified voice of cancer patients across Europe!



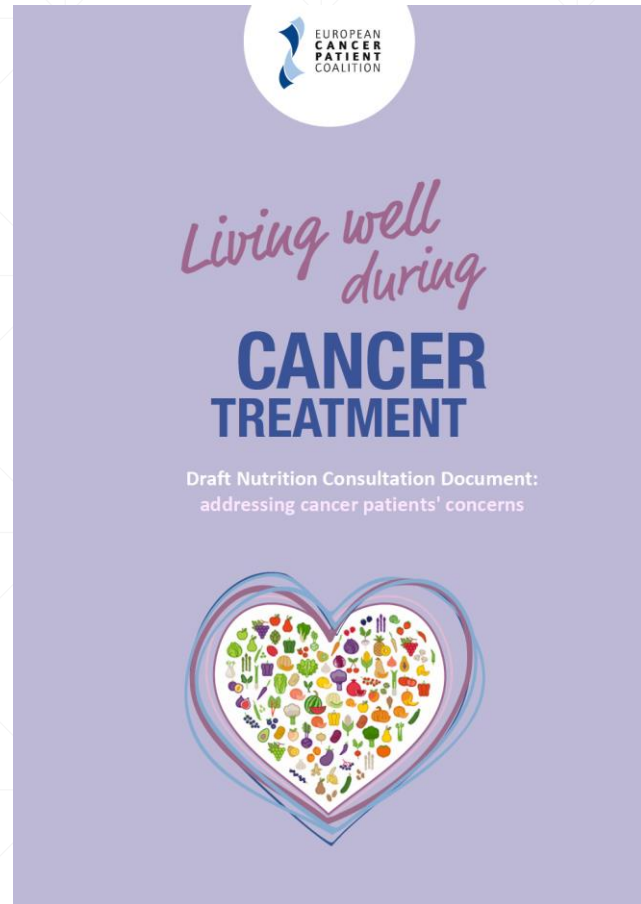
= informs policy decisions



- **Direct link** between **research outcomes** and concrete **health policy choices**.
- **Applying** scientific results to **healthy policy** planning and the **delivery of services**.



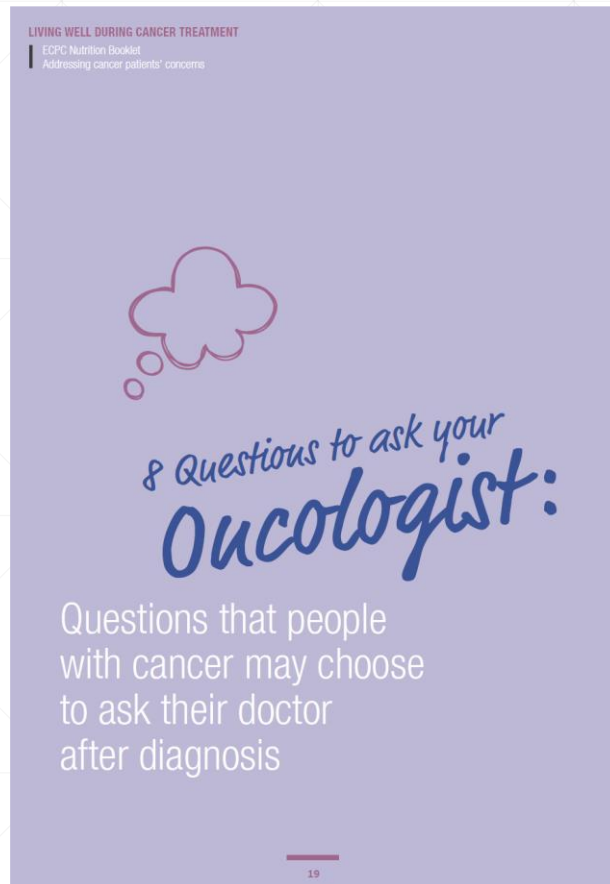
Consultation Document



- This Consultation Document is directed towards creating ECPC's **Living Well During Cancer Treatment Booklet**.
- The Document addresses common questions patients might have about **diet, nutrition, and physical activity during treatment** and provides **general information** regarding **nutrition and cancer**.
- It is **not intended to offer medical advice or replace advice** given by your healthcare team.



Consultation Document



- Every effort has been made to ensure information provided are presented accurately.
- The Nutrition Consultation Document: addressing cancer patients' concerns is based on the **ESPEN guidelines** on nutrition in cancer patients and the **ESMO Handbook of Nutrition and Cancer**.
- **Contents:** European Survey, Living Well, Screening, Body mass index, HSPH Nutrition Guide, WCRF/AICR Recommendations, 8 Questions to ask your Oncologist, Key Messages, a proposed Cancer Patient's Charter of Rights for Appropriate and prompt nutritional Support, and Glossary.

Consultation Document



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SERIES 1 OUT OF 11



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

Aim to eat several meals throughout the day; try cold foods and keep high-calorie and protein snack handy. Drink most of your liquids between meals, and talk to your cancer care team about physical activity.

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



MALNUTRITION HAS A NEGATIVE IMPACT ON ONCOLOGICAL OUTCOMES

If an adequate oral intake from food and /or nutritional supplements can not be attained, artificial nutrition may be considered: enteral tube feeding (via a nasogastric tube), or parenteral feeding (through veins).

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



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

Interactions with chemotherapy are difficult to assess, a 2014 study by McCune et al reported a frequency of 78% for the use of herbal supplement and vitamins in patients receiving chemotherapy with a 27% risk of detrimental chemotherapy-herbal and/or chemotherapy-vitamin interaction in study participants.

'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 IS CONSIDERED

Ask your cancer team for reliable information on dietary supplements and check product labels for both quantity and concentration of active ingredients in each product. 'Oral nutrition is consistently the first method of choice for treatment.'



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

Certain types of chemotherapy have common side effects: anorexia, mouth sores, dry mouth, trouble swallowing, nausea, vomiting, diarrhea, constipation, pain, depression and anxiety. However, individual experiences vary.

'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

Cancer therapy can change your senses of taste and smell. Patients often describe a metallic taste. Try using sugar-free lemon drops, gum, or mints. Serve foods cold or at room temperature.

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



Living healthy during cancer treatments is a combination of **good nutrition**, which consists of an adequate and well balanced diet, **and regular physical activity**. However, the **nutrient needs of each individual may vary**, consult with your cancer care team can help you identify your nutrition goals.





Thank you!

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