

cancer answers

Cancer Answers is a series of free public lectures, presented by *Cancer Care Nova Scotia*, on a variety of cancer-related topics. The lectures, delivered by cancer experts, are designed to raise awareness and educate participants about issues related to prevention, screening, early diagnosis, treatment, survivorship and palliative care.

Following each lecture, the presentations are posted on the *Cancer Care Nova Scotia* website @ www.cancercare.ns.ca



Managing Nutrition Needs During Cancer Treatment



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Cape Breton
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Nutrition and Cancer Treatment

- Eating a balanced diet can help you:
 - Feel better
 - Improve and maintain your strength/energy
 - Stay at a healthy weight
 - Keep a good supply of nutrients in your body
 - Manage the side effects of your treatment
 - Decrease your risk of infection
 - Heal and recover faster



Why Is Nutrition Important?

- Protein, carbohydrate and fat provide energy and the building blocks for your body to heal; vitamins, minerals and water help with many processes as well.
- No single food can provide all essential nutrients; variety is important in meeting your energy and nutrition needs



Why Is Nutrition Important?

- Foods you eat give you strength and energy before, during and after treatment.
- **Common question:** I'm not currently having any eating problems... now that I have cancer should I make any changes to what I eat? (A: No, but...)
- Sometimes during treatment, you may need to add extra calories to help maintain your weight.





Canada's Guidelines to Healthy Eating

- Enjoy a variety of foods
- Emphasize cereals, breads, other grain products, fruits and vegetables
- Choose lower fat dairy products, leaner meats and foods prepared with little or no fat
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating
- Limit salt, alcohol and caffeine



Canada's Food Guide

- **Grain Products : 5-12 a day**
 - choose whole grain and enriched products more often
- **Vegetables+Fruit : 5-10 a day**
 - choose dark green and orange vegetables and orange fruit more often
- **Milk Products : 2-4 a day**
 - choose lower fat milk products more often
- **Meat+Alternatives: 2-3 a day**
 - choose leaner meats, poultry and fish as well as dried beans, peas and lentils more often



Key Nutrients in Food Guide

Key Nutrients in Canada's Food Guide to Healthy Eating

Each food group is essential. That's because it provides its own set of nutrients.

Grain Products	+	Vegetables & Fruit	+	Milk Products	+	Meat & Alternatives	=	The Food Guide
protein				protein		protein		protein
				fat		fat		fat
carbohydrate		carbohydrate						carbohydrate
fibre		fibre						fibre
thiamin		thiamin				thiamin		thiamin
riboflavin				riboflavin		riboflavin		riboflavin
niacin						niacin		niacin
folacin		folacin				folacin		folacin
		vitamin C		vitamin B ₁₂		vitamin B ₁₂		vitamin B ₁₂
		vitamin A		vitamin A				vitamin C
				vitamin D				vitamin A
				calcium				vitamin D
								calcium
iron		iron				iron		iron
zinc				zinc		zinc		zinc
magnesium		magnesium		magnesium		magnesium		magnesium



An Example of Healthy Eating: Fruit and Veg. 5-10/day

- 67.4% of Nova Scotians do not meet the minimum recommendation.
- 32.6% of Nova Scotians meet or exceed the recommendations..

This is one simple change we could make.



Choose High Fibre Foods

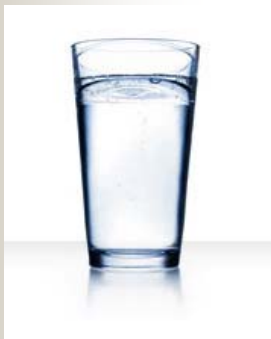


- Whole grains over processed grains and sugars
- Legumes (beans, peas, lentils) as an alternative to meat at least twice a week
- Fibre can help your bowels work better before, during and after cancer treatment
- Remember to drink plenty of water
- In some cases, people may need to temporarily reduce fibre; if you have questions about fibre, please speak to the dietitian



Don't Forget About Fluids!

- Be sure to drink at least 8 cups of fluids each day
- One cup = 250 ml or 8 ounces
- Fluids include water, milk, ice cream, jello, popsicles, juice, ginger ale
- Some people may need even more fluids each day
 - i.e. if you are on certain cancer treatments or medications, if you are active, if it's hot outside, if you are vomiting or have diarrhea



Vitamin and Mineral Supplements



- Vitamins and minerals are important nutrients for your body
- A well balanced diet should give you all the nutrients you need
- In some cases, individuals may need a vitamin or mineral supplement; however, this must be assessed by your doctor and dietitian
- Some vitamin supplements may interact with certain medications and cancer treatments.
 - If you are receiving treatment, please talk to your doctor, dietitian or pharmacist before taking any supplement



Nutrition Issues During Cancer Treatment

- Loss of appetite
- Weight loss
- Dehydration
- Feeling tired
- Nausea and vomiting
- Sore mouth, sore throat
- Constipation
- Diarrhea
- Dry mouth, thick saliva
- Taste changes

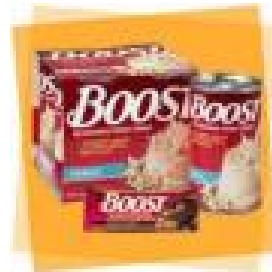




Food Supplements



- Ready-to-use or homemade; high calorie, high protein foods
- Can be drinks, shakes, bars, puddings, smoothies
- Some are milk-based, some are not
- Can be purchased at your local drug store or supermarket



Food Supplements

- Many people find them helpful during cancer treatment; however not everyone requires supplements during treatment
- They are used for many reasons
 - i.e. people who may be having trouble eating enough calories and protein, people who are losing weight



Confusing Advice



De "Myth" defying...

- You can't believe everything you hear or read!
- Ask yourself the following questions:
 - Do these 'new findings' come from only one study?
 - If there were other studies done, what did they conclude?
 - Are recognized health organizations issuing statements supporting the findings?



Reliable Websites for Further Information

- www.cancer.ca - Canadian Cancer Society
- www.cancerboard.ab.ca - Alberta Cancer Board
- www.bccancer.bc.ca - BC Cancer Agency
- www.dietitians.ca - Dietitians of Canada
- www.aicr.org - American Institute for Cancer Research
- www.cancer.org - American Cancer Society
- www.eatright.org - American Dietetics Association
- www.cancercare.ns.ca - Cancer Care Nova Scotia





Thanks for attending!

Questions

