



Nutrition and Cancer Matters



Why is nutrition is important

- To keep your body well nourished to cope with the treatments you may need
- To minimise weight loss
- To reduce muscle wasting
- To help battle fatigue
- To boost psychological wellbeing
- To reduce the risk of infection

Why do changes to appetite and weight happen?

- The cancer itself using extra energy (calories)
- Side effects of the cancer or the treatment may include:-
 - Nausea and sickness
 - Constipation or diarrhoea
 - Difficulties with sore mouth ,swallowing or digesting food
 - Taste changes
- Anxiety and worry

Where can I get advice and information?

- Family and friends
- Newspapers and magazines
- The internet
- “Alternative therapies and therapists”
- Health professionals

How can the Dietitians help?

- Optimizing nutrition pre treatment
- Managing poor appetite and weight loss
- Managing a poor appetite in conjunction with a special diet
- Managing nutrition related symptoms
- Healthy eating and weight control
- Healthy eating advice for when treatment is completed
- Support for concerned families and carers

Nutrition support for a poor appetite

- Small but frequent meals
- High energy foods and snacks
- Change in texture
- Nourishing fluids and supplements
- Focus on foods and fluids most easily tolerated

Where to get help and advice

- Nurse specialists and medical staff
- Chemotherapy day unit staff
- Radiotherapy department staff
- Cancer information Centre staff
- Nutrition and Dietetic Department

Eating and wellbeing check

Helps us to help you

- Short questionnaire to identify if nutritionally you are at risk
- Completed by specialist nurses, clinic, chemotherapy and radiotherapy staff.
- Information and advice
- Referral to an oncology dietitian if you need it

Helpful Resources

- Macmillan Cancer Support
macmillan.org.uk
- World Cancer Research Fund
wcrf-uk.org
- John Le Vay Cancer Support and information Centre
01473 715748
- Nutrition and dietetic department
01473 704000