



Why is Nutrition Important for Cancer Patients?



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BLOOD CANCER CONFERENCES (BCC)

To register or to view the 'Save the Date' BCC schedule, visit www.LLS.org/bcc.

Pennsylvania Blood Cancer Conference (Pittsburgh, PA)	Saturday, October 28, 2017
New York/New Jersey Blood Cancer Conference (New York, NY)	Saturday, November 4, 2017

Nutrition program will begin shortly



Why is Nutrition Important for Cancer Patients?



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Welcome & Introductions

Margaret Martin's slides are available
for download at
www.LLS.org/programs.



Why is Nutrition Important for Cancer Patients?



Why is Nutrition Important for Cancer Patients?

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PearlPoint Cancer Support

Why is Nutrition Important in Cancer Patients?

Margaret Martin, RD, MS, LDN, CDE
Registered Dietitian/Nutrition Educator

Agenda:

- Welcome
- Recommendations for Cancer Prevention
- Nutrition Considerations in Treatment
- Resources
- Questions?

Objectives:

By the end of the Tele/Webinar you will learn more about:

- How good nutrition assists in promoting better treatment outcomes
- Managing side effects associated with diagnosis and treatment
- Nutrition resources for cancer patients

Disclaimer

- PearlPoint Cancer Support is a non-profit organization that provides education and resources for adults impacted by cancer.
- Today's webinar is not providing medical information or care. Always ask your healthcare team before making changes to your nutritional strategies, medications, or exercise programs.

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One-On-One Nutrition Consultations

One-on-one nutrition consultations via phone or email for education on general cancer nutrition, side effect management, or survivorship nutrition.

Free Nutrition Consults available for patients and caregivers:



- Call PearlPoint Cancer Support at
877-467-1936 X 101
- Call an Information Specialist at The Leukemia & Lymphoma Society at
800-955-4572
- Fill out the online form to request a consult on our www.pearlpoint.org
or www.LLS.org/nutrition

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Inspiration

Family History of Cancer

- Both parents



- Sibling



Food and Lifestyle Recommendations for Cancer Prevention

* Source: www.aicr.org, "2016 Cancer Prevention: Together We Can" campaign

Recommendations for Cancer Prevention



Food

- Be as lean as possible without becoming underweight.
- Avoid sugary drinks. Limit intake of energy-dense foods.
- Eat more of a variety of vegetables, fruits, whole grains, and legumes such as beans.
- Limit intake of red meat, avoid processed meat
- If consumed at all, limit alcoholic drinks.
- Limit consumption of salty foods.

* Source: www.aicr.org ; www.wcrf.org

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Recommendations for Cancer Prevention



Lifestyle

- Be physically active for at least 30 minutes every day. Limit sedentary activities
- Don't use supplements to protect against cancer
- Avoid tobacco use
- ** It is best for mothers to breastfeed exclusively for up to 6 months of age
- ** After treatment cancer survivors are to follow recommendations for cancer prevention

* Source: www.aicr.org ; www.wcrf.org **Special populations

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Food Steps

Flip your plate toward plants!



Source: AICR.org; ChooseMyPlate.gov; Eatright.org

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More Food Steps

Limit energy-density, increase nutrient-density



1575 Kcal
High Energy Density



1575 Kcal
Low Energy Density

Used with permission from Dr. Barbara Rolls, Penn State University

Source: AICR.org; Eatright.org;

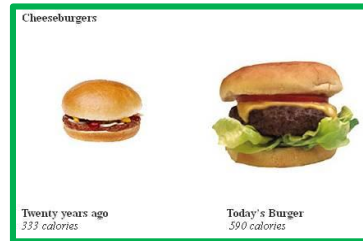
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More Food Steps

Check your portion sizes

Use measurements at home
like spoons, cups, scales and



Source: www.ChooseMyPlate.gov; www.move.va.gov

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More Food Steps

Eat the rainbow of food
colors

White Brown Green
Yellow Orange Red
Purple/Blue



Add fruits and vegetables
especially to snacks and breakfast

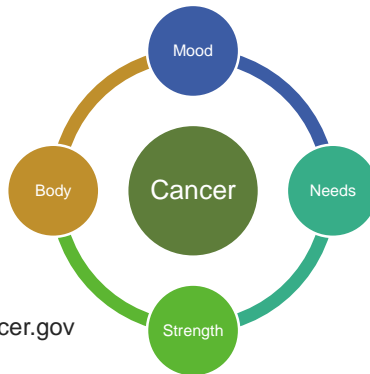
Source: ChooseMyPlate.gov; FruitsandVeggiesMoreMatters.org

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Why is Nutrition Important in Cancer Treatment?

- Cancer changes everything: your outlook, nutritional needs and body systems like digestion
- Side effects of treatments may affect your ability to eat
- Other health conditions still persist in treatment




Source: www.cancer.gov

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Good Nutrition is Important

- Why? Nutrition helps you:
 1. Tolerate your treatments
 2. Minimize side effects
 3. Improve your immunity status
-  Be prepared with good food choices!



Source: www.cancer.gov; *Oncology Nutrition for Clinical Practice.*, Academy of Nutrition and Dietetics
Oncology Nutrition Dietetic Practice Group, M. Leser et al editors, 2013.

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Good Nutrition – *Drives You Through Treatment*

- Treatments destroy cancer cells ...also injure healthy cells in bone marrow, digestive tract & hair*
- Cell injury → side effects
- Side effects → roadblocks
- Nutrition can *drive* you to your destination with fewer detours



* Source: [Oncology Nutrition for Clinical Practice](#)., Academy of Nutrition and Dietetics Oncology Nutrition Dietetic Practice Group, M. Leser et al editors, 2013.

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Good Nutrition – *A Roadmap at the Right Time*

- Roadmap → Evidenced-based information from reliable resources used as an atlas → Nutrition Plan
- Considers other diagnosis
- Understands nutrition's affect
- Delivers at the right time
- Adapts your journey as you may need to change routes



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Top 3 Nutrition Roadblocks – In Treatment

- Physical changes
- Digestive side effects
- Weight fluxes

Don't be part of the 80% of people with cancer who also have malnutrition!



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Physical Changes

- Anemia and White Blood Cell Issues
- Difficulty swallowing and dry mouth
- Sore mouth, throat, and tongue
- Fatigue



Strategies to manage these changes next!

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Anemia

- Anemia or inadequate red blood cells occurs during cancer for many reasons
- Increase intake of iron rich foods
- Iron from meat, fish and poultry is better absorbed than from plants
- Use foods high in Vitamin C like citrus, melon, dark green leafy and potatoes
- Choose fortified grain products like cereals
- Slow down on coffee/tea at meals that decrease iron absorption



Source: "Nutrition Care Manual," Academy of Nutrition and Dietetics, 2017. www.MyPearlPoint.org

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Low White Blood Cell Count

- Low white blood counts (leukopenia) can occur due to treatments
- Very low neutrophils = neutropenia
- Practice hand-washing for 15-30 seconds with soap and warm running water
- Avoid *raw* meat, eggs and fish as well as *expired* food, *unwashed* or *moldy* fruits and vegetables, and *unpasteurized* beverages
- Wash fresh fruits and vegetables well prior to preparation. Consult your healthcare team
- Avoid well water unless tested safe, boiled or filtered



Source: www.oncologynutrition.org; www.cancer.org; www.lls.org

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Neutropenia and Neutropenic Diet

- Patients have very low WBC counts
- Example: Patients with a stem transplant
Nutrition plays a vital role in your care plan
- Very low neutrophils = neutropenia
- Strict adherence to food safety is priority 1
- You may be prescribed an antimicrobial or neutropenic diet
- Avoid raw or undercooked foods (meats, fish, poultry and vegetables) and unpasteurized dairy products
- Follow the instructions at your cancer center



Source: www.dana-farber.org www.lls.org

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Difficulty Swallowing

- Add moisture with spreads, gravies, syrup or sauces on breads, meats and vegetable
- Choose canned veggies and fruits and their juices in place of raw fruits or vegetables
- Use a blender to soften your foods
- Stir in extra protein to what you consume
- Sip after each bite of food
- Avoid dry foods, such as toast, bran or hard breads, unless you moisten or soak them first (in a gravy or sauce)
- Notify your healthcare team if swallowing difficulty persists or gets worse



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Dry Mouth

- Practice good oral hygiene
- Rinse your mouth often
- Choose moist, soft foods
- Keep hydrated
- Chew sugar-free gum or suck on sugar-free mints
- Stay out of the sun if you find that the sunlight makes you thirstier
- Freeze small pieces of fruit to suck on, such as grapes or strawberries



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Sore mouth, throat and tongue

- Choose a softer diet
- Avoid acidic foods such as vinegar, citrus fruits, tomatoes or *very* hot items
- Eat small, frequent meals and snacks and add soft proteins such as cheese, eggs, yogurt, custard, beans, ground meats, and smoothies
- Add moisture to dry foods, such as toast or hard breads: adding gravy, syrup or sauce
- Eat foods at room temperature or cold, rather than hot



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Sore mouth, throat and tongue

- Brush teeth before eating.
- Homemade Mouth Rinse
Make fresh daily and store in clean jar.
Mix 4 cups water with 1 tablespoon baking soda.
Rinse after meals and before bedtime.
- Ask your healthcare team about special mouth wash or rinse or sprays that can numb the mouth and throat.



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Fatigue

- Keep on moving
- Modify routines and schedules
- Fuel up every 3-4 hours
- Eat foods that provide sustainable energy, especially whole foods and proteins
- Stay hydrated through the day



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Fatigue: Food Planning and Preparation

- Shop and cook smart: lists, menus, apps and variety
- Explore helpful tools: timer, gloves, lid opener, wide handles, non-slip fabric, knife cover, thermometers, light-weight unbreakable containers
- Cook ahead, date and freeze
- Ask for help and enjoy!



Sources:

<https://www.mskcc.org>: "Patient Guide-Peripheral Neuropathy", accessed September 30, 2017.

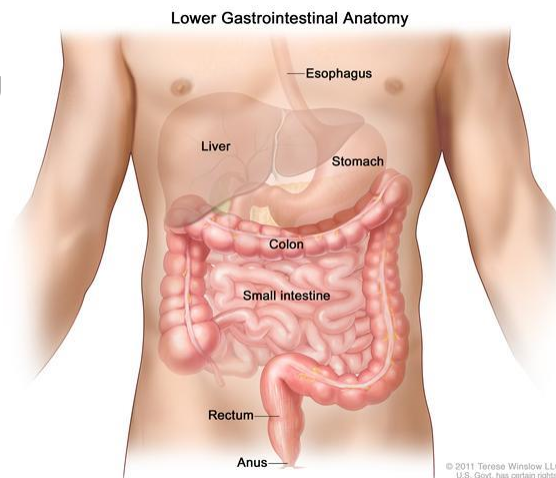
"Cooking With Neuropathy", Diabetes Management, updated August 19, 2016

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Digestive Issues

- Nausea and vomiting
- Constipation
- Diarrhea
- Gas and bloating
- Lactose intolerance



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Strategies to manage these issues next!

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Nausea and Vomiting

- Keep on track with your anti-nausea medications
- Avoid triggers like strong smells and skipping meals
- Eat five to six small meals or snacks
- Stay cool. Wear loose clothes. Relax at meals
- Choose foods that soothe
- Drink most beverages between meals
- Rehydrate if you do vomit by drinking clear liquids and electrolyte beverages



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Constipation

- Choose 6 to 8 glasses of fluid daily for hydration
- Choose soups, shakes, nutritious drinks, gelatins, popsicles, ices and juices as fluids too
- Eat fiber through the day
- Enjoy fiber at bedtime like bran cereal, prunes and prune juice
- Stay active to support digestion
- Talk with your healthcare team for extra help



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Diarrhea

- Choose clear liquids. Examples: sodas, Jell-O, tea, decaf coffee, popsicles, apple or grape juices, water, clear liquid nutritious beverages and broth
- Add back slowly crackers, rice, applesauce, ripe banana, toast, and other soft foods
- Use low fat foods and easily to digest menu items
- Contact your healthcare team if diarrhea persists



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Gas and Bloating

- Avoid belly bloating foods such as spicy or high fat foods, gaseous foods, sodas, acidic drinks, salads and raw veggies
- Go for slow and small meals
- Try non-dairy milk
- Drink from a cup not a straw
- Stay active to assist in digestion
- Use mints and less chewing gum
- Consult your healthcare team for help



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Lactose Intolerance

- Use dairy less often or drink lactose-free milk with calcium
- Choose other sources of calcium: greens leafy greens; broccoli, figs, tofu, sardines, and calcium-fortified foods
- Ask your healthcare team about lactase enzyme OTC products (in capsules, pills or drops)



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Weight Fluxes: Maintaining a Healthy Weight

- Feeling full quickly
- Loss of appetite
- Weight changes



Strategies to manage these issues next!

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Feeling full quickly

- Slow down, sit, and make every bite count
- Eat 4-6 small meals
- Dine with friends
- Eat your protein first
- Drink between meals and limit mealtime beverages
- Slow down carbonated beverages – they can make you feel full
- Take a 5-10 minute walk after eating



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Loss of appetite

- Plan relaxing meal atmosphere
- Keep your favorite foods on the table
- If you are a caregiver, ask :
“What can you eat for energy?”
“What can you eat now?”
- Try nutritious beverages
(high nutrition for small volume)
- Eat by the clock
- Stay active with light physical movement
- Talk with your doctor about your low appetite



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Foods You May Want To Try

- Fortified cereals, breads and beverages
- Greek yogurt, Kefir and cheese
- Whole grain crackers, pasta and cereals
- Fruit parfaits
- Hearty soups
- Casseroles with added vegetables and protein
- Dips, hummus, cheese and spreads at snacks
- Muffins, wraps, and sandwiches when on the go!



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Weight changes

- Stay at a healthy weight for you
- Plan ahead to eat well
- Eat what *tastes* good then add new flavors and textures too
- Loss of 5% of your baseline weight = nutrition issue
- Treatment time is NOT the time to diet to lose weight
- Fortify your menus to gain weight
- Talk to a Registered Dietitian if you have questions and multiple health challenges



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Evaluating Nutrition/Health Information

Is everything you read really TRUE?

- Who is the author?
- What is the purpose of the publisher?
- Is the information current?
- What evidence is listed to support the information?
- How was the article or research study funded?



What was the subject of the study?
test tube vs animal vs human

What is the volume of the subjects?

Source:

https://ods.od.nih.gov/Health_Information/HowTo_Evaluate_Health_Information_On_The_Internet

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Nutrition is Priority #1 in Travel to your Destination

Benefits of Good Nutrition:

- Nourish tissues and cells for repair and maintenance
- Maintain weight, muscle, strength → immune function
- Support laboratory values: hemoglobin, vitamins, glucose
- Protect cognitive thinking and thought processes

- **GO** to your destination:

complete your
treatment plan,
enjoy life
and keep travelling



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Other Helpful Nutrition Websites

- PearlPoint.org
PearlPoint Cancer Support
- www.LLS.org/nutrition
The Leukemia & Lymphoma Society
- eatright.org/find-an-expert
Find a RD near you with oncology skills
- www.Oncologynutrition.org
Academy of Nutrition and Dietetics
- AICR.org
American Institute for Cancer Research



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Why is Nutrition Important for Cancer Patients?



Q&A Session


Ask a question by phone:

- Press star (*) then the number 1 on your keypad.


Ask a question by web:

- Click "Ask a question"
- Type your question
- Click "Submit"

Due to time constraints, we can only take one question per person. Once you've asked your question, the operator will transfer you back into the audience line.



Free Nutrition Consults




Get a Free One-On-One Consultation

Patients and caregivers may receive free one-on-one phone and email consultations with a nutrition educator. If you'd like more information, please [contact an Information Specialist](#) or watch the video below.


REQUEST A CONSULT

**LLS works with PearPoint Cancer Support to provide this service.*



Request a free nutrition consult @

www.LLS.org/nutrition!



The Leukemia & Lymphoma Society Offers:



- **Information Resource Center:** Information Specialists, who are master's level oncology professionals, are available to help cancer survivors navigate the best route from diagnosis through treatment, clinical trials and survivorship.

 - **EMAIL:** infocenter@LLS.org
 - **TOLL-FREE PHONE:** 1-800-955-4572
- **Free Education Booklets:**

 - www.LLS.org/booklets
- **Free Telephone/Web Programs:**

 - www.LLS.org/programs
- **Live, weekly Online Chats:**

 - www.LLS.org/chat



The Leukemia & Lymphoma Society Offers:

- **Support Resources:** LLS Community, discussion boards, blogs, support groups, financial assistance and more: www.LLS.org/support
 - **NEW LLS Podcast, *The Bloodline with LLS!*** Listen in as experts and patients guide listeners in understanding diagnosis, treatment, and resources available to blood cancer patients. www.thebloodline.org
- **Education Video:** Free education videos about survivorship, treatment, disease updates and other topics: www.LLS.org/educationvideos
- **Patti Robinson Kaufmann First Connection Program:** Peer-to-peer program that matches newly diagnosed patients and their families: www.LLS.org/firstconnection
- **What to ask:** Questions to ask your treatment team: www.LLS.org/whattoask



**THANK
YOU FOR
PARTICIPATING!**

**We have one goal:
A world without
blood cancers**



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