

LONGEVITY DIET CLINIC

NUTRITION GUIDE FOR CANCER PATIENTS WHILE UNDERGOING TREATMENT- (BEFORE, DURING AND AFTER TREATMENT)

IMPORTANCE OF DIET IN CANCER

Benefits of good nutrition during cancer treatment

Good nutrition is especially important if you have cancer because both the illness and its treatments can change the way you eat. Cancer and cancer treatments can also affect the way your body tolerates certain foods and uses nutrients. Hence, its very important to have a balanced diet and nutrient rich diet to help your body cope with the treatment, healing and recovering.

The nutrient needs of people with cancer vary from person to person .hence it is very important to have a personalised diet according to your medical conditions.

Eating the right kinds of foods during and after treatment can help you feel better and stay stronger.

How does diet therapy along with any treatment help you?

Eating well while you're being treated for cancer might help you:

- Feel better.
- Keep up your strength and energy.
- Maintain your weight and your body's store of nutrients.
- Better tolerate treatment-related side effects.
- Lower your risk of infection.
- Heal and recover faster.

Eating well means eating a variety of foods to get the nutrients your body needs to fight cancer. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

Diet therapies for Cancer from Longevity Diet Clinic.

Includes therapies with diet during each step of cancer treatment you can do at home while undergoing treatment for Cancer.

This document of diet therapy includes guidelines for each stage with diet, recipes and how to cope eating problems during each stage and as a result of side effects of treatments,.

The diet therapy is divides into each sections

- **Before treatment begins**
- **Once treatment starts**
- **Managing eating problems caused by surgery, radiation, and chemotherapy**
- **How to cope with common eating problems due to side effects of treatment.**
- **Nutrition after the cancer treatment ends.**

Will Cancer and cancer treatment affect nutrition?

When your cancer was first diagnosed, your doctor talked with you about a treatment plan. This may have meant surgery, radiation therapy, chemotherapy, hormone therapy, biologic therapy (immunotherapy), or some combination of treatments. All of these treatments kill cancer cells. But in the process, healthy cells are damaged, too. This damage is what causes cancer treatment side effects.

What are the side effects due to cancer treatment?

Some of the more common side effects that can affect eating are:

- Loss of appetite (anorexia)
- Sore mouth or throat
- Dry mouth
- Dental and gum problems
- Changes in taste or smell
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Feeling very tired all the time (fatigue)
- Depression

What should I do Before treatment begins

Until you start treatment, you won't know what, if any, side effects you may have or how you will feel. One way to prepare is to look at your treatment as a time to focus on yourself and on getting well.

What I should do once treatment starts?

Eat well

Your body needs a healthy diet to function at its best. This is even more important if you have cancer. With a healthy diet, you'll go into treatment with reserves to help keep up your strength, prevent body tissue from breaking down, rebuild tissue, and maintain your defences against infection. People who eat well are better able to cope with side effects of treatment. And you may even be able to handle higher doses of certain drugs. In fact, some cancer treatments work better in people who are well-nourished and are getting enough calories and protein.

What are the eating problems caused by surgery, radiation, and chemotherapy?

Different cancer treatments can cause different kinds of problems that may make it hard to eat or drink. Here are some tips on how to manage nutrition problems depending on the type of treatment you receive:

Surgery

After surgery, the body needs extra calories and protein for wound healing and recovery. This is when many people have pain and feel tired. They also may be unable to eat a normal diet because of surgery-related side effects.

Radiation therapy

The type of side effects radiation causes depends on the area of the body being treated, the size of the area being treated, the type and total dose of radiation, and the number of treatments.

Chemotherapy

Chemotherapy (chemo) side effects depend on what kind of chemo drugs you take and how you take them.

Most people get chemo and it may take anywhere from a few minutes to many hours. Some side effects of chemo go away within hours of getting treatment some side effects last longer. There are things that can be done to lessen eating related side effects. And prompt attention to eating-related side effects can help keep up your weight and energy level and help you feel better.

Diet therapy for people with weakened immune systems

Cancer and its treatment can weaken your body's immune system by affecting the blood cells that protect us against disease and germs. As a result, your body can't fight infection, foreign substances, and disease as well as a healthy person's body can.

During your treatment for cancer, there will be times when your body won't be able to protect itself very well. While your immune system is recovering, you may be told to try to avoid exposure to possible infection-causing germs.

WHAT IS IN THE DOCUMENT?

Cancer and cancer treatments can cause many problems that affect how well you can eat and drink.

There are often things that can be done to treat the problem or keep it from getting worse.

The document includes detailed guidelines on how and what to do in each of the eating problems.

Common eating problems include:

- **Appetite changes**
- **Constipation**
- **Diarrhoea**
- **Fatigue**
- **Mouth dryness or thick saliva**
- **Mouth or throat pain or sores**
- **Nausea**
- **Swallowing problems**
- **Taste and smell changes**
- **Weight gain**

How can I receive this Document for Diet therapy?

This diet therapy is documented in a very detailed and simple instruction in each stage with diet, recipes and guidelines which you can use it at home while taking any treatment like conventional, Ayurveda or any Holistic treatment.

You can buy this document and follow the instructions in the document before, during and after the treatment for Cancer.

You may receive it by contacting Dietitian Princy Gigo to her WhatsApp +91 7034489100 or email to longevitydietclinic@gmail.com

Who is the author of this Document?

The author of the Document is Dietitian Princy Gigo, Consultant Dietitian & Owner of Longevity Diet Clinic, Internationally recognised and University topper in Nutrition and Dietetics’.

Successfully consulted on her clients for different cancer therapies with diet along with conventional treatment.

The motivation of writing this document is the realisation that people with cancer often are getting sicker and dying early not because of cancer itself, its mainly due to the improper way of care given to their diet while they encountering with the side effects of treatment for Cancer.

All the clients who were taking diet therapy along with treatment showed minimal or less side effects while taking treatment and recovered and healed well compared to those who haven't taken a diet therapy.

Anything more you need to know more about the samae feel free to contact me anytime,

Warm regards,

Princy Gigo

Consultant Dietitian

Normal and Therapeutic Diets

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