

February 2014



**February is National Cancer Prevention Month.**

To learn more about cancer screening and what you should do visit:

[http://www3.ccc.uab.edu/crossroads/january\\_2014/](http://www3.ccc.uab.edu/crossroads/january_2014/)

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# Coping with Cancer

*Ways to manage the effects of a cancer diagnosis*

## *Nutrition and Cancer: How to Eat During and After Treatment!*

Nutrition is a topic that many overlook when diagnosed with cancer. But it can play an important role in your body's recovery during treatment and your overall health after cancer treatment. We had the opportunity to speak with Laura Newton, MAEd, RD, LD, to learn more about nutrition and cancer.

*Q: Nutrition is a topic often overlooked until a patient begins to feel really bad. When should patients ask their doctors or nurses about nutrition?*

**Newton:** It's important for patients to talk to their doctors about nutrition early in treatment. Often cancer patients experience side effects like nausea, dry mouth, appetite and taste changes that can be caused by treatment. Being pro-active about nutrition early, means that patients can get prescribed medications that help relieve side effects before they become too severe. Proper nutrition also helps keep up a patient's strength, energy, and immune system so that



recovery and healing after treatment are quicker.

*Q: When patients experience nausea, what can they do?*

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## **Young Cancer Survivors Conference**

Join us for the first Young Survivors Conference for ages 15 to 39 with topics and workshops on treatment effects, fertility, social relationships, yoga, nutrition, re-joining rhythms, exercise, and more! The keynote speaker will be Leonard Sender, M.D., the Medical Director of the Hyundai Cancer Institute at Children's Hospital of Orange County and Chairman of *Stupid Cancer*.

**When:** March 15  
**Time:** 8AM to 4:30 PM  
**More information will be coming soon!**



## Nutrition During and After Cancer (cont. from page 1)



Nutritional consultations with Laura Newton are now available through UAB's Supportive Care and Survivorship Clinic.

Call (205) 801-8624. Appointments are available every Wednesday morning from 8:00 am—noon.

**“Weight management is very important for cancer survivors after treatment as well as for those in treatment.”**

**Newton:** Nausea is a common experience among cancer patients and can make eating difficult. To cope with it, patients can try rinsing their mouths frequently to eliminate bad tastes. They can also try to distract themselves with deep breathing and activities they enjoy. Wearing loose-fitting clothing can also help or avoiding strong scents that can trigger nausea.

*Q: Some patients say that they no longer like the foods they used to because they taste differently. What would you suggest for them?*

To learn more:  
<http://www.cancer.gov/cancertopics/coping/eatinghints.pdf>

**Newton:** I would suggest that they try new foods or prepare foods in new ways like serving them frozen or cold. Smaller meals eaten more frequently with healthy snacks in throughout the day can help. If patients find that they are struggling to get enough to eat, they should talk to their doctors or nurses as soon as possible. Medications can be prescribed or diets can be supplemented with high-calorie, high-protein drinks. Patients can also try making the mealtime atmosphere more attractive and pleasant with colors, music, flowers and garnished food.

*Q: We've talked about patients going through treatment. What should people who have a cancer diagnosis do about nutrition after treatment is finished?*

**Newton:** Weight management is very important for cancer survivors. In fact obesity or weighing too much can increase the risk of the cancer recurring or developing other chronic diseases like heart disease and diabetes.

Fruits and vegetables are very important for cancer survivors and they should try to set a goal of getting at least five servings per day.

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### Recommended Sources for Good Nutrients

- Good sources of protein include fish, poultry, eggs, lean red meat, soy products, tofu products, beans, peas, lentils, and dried nuts.
- The best sources of carbohydrates are fruits, vegetables, and whole grains as they provide fiber, nutrients, vitamins, and phytochemicals in your diet as well.
- It is recommended that you drink eight 8-ounces glasses of water a day. You may need more if you have vomiting or diarrhea.
- Fats and oils are essential in moderation, and monounsaturated and polyunsaturated fats found in vegetable oils and seafood are better for you than saturated or trans-fats found in meat, poultry, milk, cheese, butter, and snack foods.
- To learn more, visit: <http://www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/index>

## Events and Programs for You in February!

### Young Breast Cancer Survivorship Network and Man Up!

#### Men's Kick-off

Young Breast Cancer Survivorship Network and Man Up! would like to invite men of all ages to attend this support group for men who have loved ones facing breast cancer.

**When:** Monday, February 24  
**Time:** 6 PM to 7 PM  
**Where:** Alabaster Church of God

**For more information and to RSVP:**

[manuptobreast-cancer@yahoo.com](mailto:manuptobreast-cancer@yahoo.com)  
 Phone: 205.515.0609



### Spirituality Group

This trimonthly group is designed to help develop your spiritual, philosophical, or religious understanding of the world. New topics to be included are "Advanced Directives," "Hope", "Making Meaning and Finding Purpose", and "End of Life".

**When:** 1st and 3rd Tuesday of the month and 1st Wednesday of the month

**Time:** 4:00 to 5:00 PM Tues.  
 3:00 to 4:00 PM Wed.

**Where:** Hope Lodge (Tues)  
 UAB WTI 220 (Wed)  
 Patient & Family Center

**For more information:**  
 Chaplain Kelsey Blankenship -  
 205.801.7050  
[kblankenship@uabmc.edu](mailto:kblankenship@uabmc.edu)



### Living with Cancer: Complementary Therapies During and After Treatment

Some therapies like yoga, meditation, massage, and Reiki, ease symptoms and side effects; others might be harmful. Join us for a roundtable discussion with:

Carolina Salvador, MD  
 Hematology Oncologist



**When:** Tuesday, February 25th  
**Time:** 11:30AM to 12:30 PM  
**Where:** WTI 220

Class size is limited; please register. Lunch will be provided.

**To Register:**  
 Teri Hoenemeyer  
 205.974-5772  
[tgw318@uab.edu](mailto:tgw318@uab.edu)

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**We're on the Web!**  
[www.ccc.uab.edu](http://www.ccc.uab.edu)



*The New Patient and  
Family Center*

Stay tuned!  
More information coming  
in our next issue!

**We would like your suggestions**

Please let us know the topics  
you would like us to include in  
our newsletter and programs  
you would like for us to offer.

Email your suggestions to:

[tgw318@uab.edu](mailto:tgw318@uab.edu)

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CANCER CENTER

Knowledge that will change your world

## Nutrition and Cancer ...continued from Page 2

Carbohydrates and proteins are also important in a balanced diet, but they should come from a good source. Good sources of carbohydrates are fruits, vegetables, nuts, whole grains, seeds, and legumes. Good protein sources are fish, legumes, (beans) and meats with less fat like chicken and turkey. We recommend that cancer survivors limit the amounts of red meats, like beef and pork, to less than 17 ounces per week. The amount of lean protein that survivors need each day will depend on their activity levels and

physical fitness. The New American Plate, developed by the American Institute of Cancer Research, provides a nice visual that can help survivors understand how much of each food group they need at mealtime. Generally, it suggests that meals consist of one-third meat and two-thirds vegetables.

*Q: Are there any supplements or vitamins that cancer survivors should consider taking?*

Newton: I really think that the best way to get vitamins and nutrients is through the foods people

eat. First, getting vitamins and minerals directly from food is less expensive. Secondly, nutritious foods offer a greater variety of nutrients and vitamins, fiber, and other valuable substances like antioxidants and phytochemicals. Before taking vitamins or supplements, I recommend that patients and survivors talk to their doctors. This is especially important for patients receiving chemotherapy since some vitamins and supplements can make cancer treatments less effective.

## Survivorship and Exercise

Exercise has been proven to have tremendous benefits for cancer survivors. The American Cancer Society suggests that all cancer survivors—even those in treatment—stay physically active. Survivors should exercise for thirty minutes a day, five days a week (or 150 minutes per week) with the approval of your doctor. Early research indicates that regular exercise can improve the effectiveness of treatments for some cancers and decrease the risk of cancer recurrence and/or the development of other chronic diseases like heart disease and diabetes.

To find out more or to get started, go to:  
<http://www.cancer.org/treatment/>

### Single Limb Stance

**Purpose:** This exercise will help you gain a better sense of balance. It will also strengthen your ankles and hips for improved stability.

- Stand with feet together and arms at sides.
- Lift one leg and balance on the other.
- Hold for 10 seconds, and then repeat with the other leg.

