

October, 2017



October is Breast Cancer Awareness Month

To learn more about current screening recommendations, visit:

<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>



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Coping with Cancer

Ways to manage the effects of a cancer diagnosis

Good Nutrition During and After Treatment!

Featuring UAB Guest Writer:

Laura Rutledge, MA, RDN, CSO
Board-Certified Oncology Nutritionist

Nutrition is a vitally important, yet often overlooked, part of cancer treatment. Eating well while you are undergoing treatment for cancer can help you feel better, have more energy, better tolerate treatment-related side effects and recover and heal from surgery. Good nutrition after treatment may help decrease the risk of cancer recurrence as well as improve your overall health. Here are some common questions I get about nutrition and cancer that may help you as you go through this journey.

I'm getting cancer treatment and just don't feel hungry. Is this normal?

Poor appetite is a common challenge I hear from patients. It can result from the cancer itself, treatment or even emotions and stress from dealing with cancer.

Foods just don't taste good right now. Are there any foods to help with taste changes?

It is discouraging when foods don't taste like we remember or think they should taste. Try different foods than those you are used to eating or prepare them in a different way – different seasonings for example. Marinate meat, chicken and fish before cooking.

If you have a metallic taste in your mouth use plastic utensils instead of metal ones. Add lemon juice, ginger or mint to offset a bad taste and rinse your mouth with a mixture of baking soda and water before meals.

I'm feeling nauseated and don't want to eat anything. How can I get the nutrition I need?

Nausea can be caused by the cancer or cancer treatment. Be sure to talk with your healthcare team if you are experiencing nausea or if it is not well-controlled. Anti-nausea medications can be very effective if used properly.
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“While each person is unique and has unique needs, here are a few common recommendations that I make to my patients when they are going through treatment.”

- Think of food as medicine and eating is part of your overall treatment and care.
- Eat 4-6 “mini-meals” instead of 3 meals a day
- Liquids can sometimes fill you up and keep you from eating food. Drink most liquids between meals.
- Nutrient packed smoothies can replace a meal. So, try this one. Even those who don't like cottage cheese, love it!

[Blackberry Cinnamon Cottage Cheese Smoothie](#)

- Eat in a pleasant, relaxing atmosphere. Eat with others if possible, we often eat more when we are enjoying the company and eating with other people.
- Does food taste strangely while you are receiving chemotherapy? Try this recipe: [Peach Basil Chicken Skillet](#)
- Feeling nauseous? Try this recipe: [Strawberries and Yogurt Bars](#)



WANT TO LEARN MORE ABOUT GOOD NUTRITION AND CANCER?

Nutritional consultations with Laura Rutledge 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.”

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

Limit intake of high-fat foods such as fried foods and rich sauces and gravy when feeling nauseated, as these take longer to empty the stomach. Instead, choose lower fat foods that are at room temperature or cold since the smell of hot foods may trigger nausea. Try sips of ginger ale, dried ginger or peppermint candies to help settle the stomach.

Are there any vitamin or mineral supplements I should be taking?

I always recommend food first. Our body uses vitamins and minerals better from food than from a supplement. Foods also offer valuable substances such as fiber, antioxidants and phytochemicals not found in supplements. If you aren't eating a variety of foods, ask your health care team if you should take a vitamin and mineral supplement. Taking large doses of supplements, especially antioxidant supplements, are usually not recommended while undergoing

chemotherapy and radiation therapy.

I'm done with treatment! What can I do to help reduce my risk of the cancer coming back?

Research suggests that eating a healthy diet, being physically active and maintaining a healthy body weight may improve survival and reduce the risk of cancer recurrence. Not to mention, these lifestyle habits may help reduce the risk of other diseases such as heart disease and diabetes.



Tips to help you maintain good health after cancer!

- Enjoy a plant-based diet – aim for meals made up of 2/3 (or more) vegetables, fruits, whole grains or beans and 1/3 (or less) animal protein.
- Watch portion sizes and cut down on sugary and high-fat foods to help lower weight if needed.
- Include vegetables and fruit – aim for at least 5 servings a day (preferably 8-10). Enjoy a variety year-round.
- Be physically active – aim for 30 minutes a day of moderate physical activity.

These “cancer preventative” recipes are quick, easy and scrumptious!

- [Crustless Quiche](#)
- [Chunky Monkey Overnight Oats](#)
- [Curried Turkey Meatballs](#)
- [Apple Cider Vinegar Glazed Brussels Sprouts](#)
- [Roasted Red Pepper Marinara](#)

**UAB
COMPREHENSIVE
CANCER CENTER**

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1824 6th Avenue South

Phone: 205.934-5772
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We're on the Web!
www.ccc.uab.edu



Visit our *Patient and
Family Center*

Learn about all of the support resources that can help you cope with your cancer diagnosis.

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.

UAB COMPREHENSIVE
CANCER CENTER

Knowledge that will change your world

Are you looking for a behavioral-based oncology clinical trial?

Do you have early breast cancer?

Are you taking aromatase inhibitors? Feeling tired? Experiencing pain? Having hot flashes? Feeling depressed or stressed?

You may qualify for a new clinical study at UAB that may help with those side effects.

This study is brought to you by the UAB Integrative Oncology Clinic. To learn if you qualify, call (205) 975-2758



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/survivorshipduringandaftertreatment/>

Harvest for Health Clinical Study

This homebased vegetable garden study seeks to improve the health of cancer survivors throughout Alabama. All participants will receive gardening supplies, plants, and seeds. Master gardeners from the Cooperative Extension will provide monthly mentoring. Everything is free of charge and home-based (no need to come to UAB).

Cancer survivors must live in Alabama and be 65 years of age or older.

To learn more or enroll, e-mail harvest4health@uab.edu or call toll-free

1-844-GROW-GR8

(1-844-476-9478)

Try this anywhere! 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.



Events and Programs for You in October!

Integrative Oncology Clinic Activities: Every Thursday



Arts in Medicine	9:00—9:45 am
Yoga	10:30—11:30 am and 12:00—1:00 pm
Meditation	1:15—2:30 pm
Nutrition	2:30—3:30 pm
Pastoral Care	3:30—4:30 pm

Location: Patients check in at Guest Services desk on 2nd floor of The Kirklin Clinic across from the coffee bar, near the parking garage crosswalk. Appointments are necessary and small fees may apply. To learn more, call **(205) 801-8139**.

Writing Through Cancer

September 27—Nov 1



Writing Through Cancer is a six-week program for cancer patients, survivors and caregivers. Led by professional writer, Lucy Jaffe, and storyteller, Elizabeth Vander Camp, participants will learn how to use expressive writing as therapy to get through the trauma, pain and anxiety of a cancer diagnosis. You do not need writing experience or materials, but space is limited so please register soon if you would like to attend!

When: Wednesday Evenings from 5:30 – 7:30 pm, September 27– November 1

Where: UAB Comprehensive Cancer Center, ROOM WTI 220

To Register: tgw318@uab.edu

Gentle, Restorative Yoga

Join us for a flowing sequence of supported yoga postures, breathe work and meditation designed to help manage the side effects and stress of cancer. Cancer patients and survivors are welcomed.

When:	Wed 12:15-1:30 PM	Thurs 5:45-7:00 PM
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Where:	Embody Practice Center	Embody Practice Center
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For more information: dianewood@uabmc.edu Or call: **(205) 934-4462**