

HC

cancer center



*Recommendations for patients
undergoing oncology treatment*

Oncology



Individual recommendations

Each patient, depending on their type of cancer and treatment to be given, will experience treatment side effects, these will be treated by your doctor, with corresponding dietary changes.

In your case, you have a tumour of the
which will be treated with chemotherapy.

The most common side effects are nausea, vomiting, diarrhoea or constipation, mucositis, poor appetite and tiredness.

The majority of these side effects are temporary and disappear gradually, once treatment has finished.

Described below are general measures, medication and dietary advice which can help overcome these side effects.

The tumour itself can generally trigger anorexia (loss of appetite) through several mechanisms, in addition to the effect of any surgery, chemotherapy or radiotherapy.

Recommendations for managing loss of appetite

- ▶ Improve the preparation and presentation of meals. Vary foods and the manner of preparation frequently, make them attractive; include a variety of textures, smells, flavours and colours. Eat in a comfortable environment, with other people.
- ▶ Use soft foods or foods which are easy to chew, those that don't require any effort to be eaten; purée food first if required. Meat is easier to eat in croquettes, meatballs or burgers.
- ▶ Several small meals a day are recommended, preferably earlier in the day when gastric emptying is more active. Remember that each mouthful you eat is beneficial.



➤ You should eat regular meals: small amounts, 6-7 times a day.

➤ Do not skip meals.

➤ Desserts such as: flan, ice cream, custard, rice pudding or pastries help to provide energy and protein.



➤ Avoid meals and drinks lacking in nutrients such as, coffee, tea or clear soup. If soups have little nutrition, but you can eat them easily, add significant amounts of pasta, rice or bread.

➤ Avoid whole fruits and drink natural fruit juice or smoothies.

➤ Have drinks an hour before, or after, meals.

➤ Preferably, eat foods which have a high nutritional value, such as homemade shakes, using milk, cream, chocolate or nuts, as well as pulses, potatoes, pasta, olive oil, butter, flan, ice cream and custard.

➤ Avoid foods which can cause flatulence and cook pulses for at least 3-4 hours.

➤ As long as not contraindicated, you can have a glass of wine before or during meals.

➤ You may also be prescribed appetite stimulants such as megestrol (BOREA®).

Milkshake recipes you can prepare at home

Banana milkshake

- 1 sliced, ripe banana
- Vanilla extract (a few drops)
- 1 cup (250 ml) of milk
- 2 cups contain 255 calories and 9 g of protein in total if made with full-fat milk

Leche merengada (chilled, sweetened milk flavoured with cinnamon)

- 150 ml milk · Kcal: 306
- Sugar 15 g · Fat: 20.7 g
- Cream 50 ml · Protein: 6.2 g
- Cinnamon · Carbohydrates: 24 g

Enriched milk

- 150 ml milk · Kcal: 309
- Sugar 10 g · Fat: 17,6 g
- Cream 70 ml · Protein: 11,2 g
- Skimmed Milk Powder Carbohydrates: 26,3 g

Chocolate milkshake

- 150 ml milk · Kcal: 307
- Sugar 10 g · Fat: 21.6 g
- Nata 40 ml · Proteínas: 8,9 g
- Cocoa powder · Carbohydrates: 20,1 g

Boiling the milk with lemon rind, cinnamon or vanilla beforehand adds more flavour to the milk. You can also add fruit such as strawberries, banana, pineapple or peaches in syrup.

Commercial, high-calorie milk shakes are also available such as PROSURE, RESOURCE SUPORT or ENSURE..., these have 1.5 to 2 kcal/ml.

Recommendations for managing nausea and vomiting

- Take prescribed medication early enough to treat it beforehand.

Primperan:	2 tablets, 15 minutes before each meal.
------------	---

Zofran 4mg:	If the above is not sufficient, you will be changed to Zofran, 1 tablet every 8 hours.
-------------	--

- You should drink small amounts of fluid frequently to keep hydrated.
- Meals should also be small and frequent, so that you can tolerate them better. You should avoid periods without food, having an empty stomach makes nausea worse.
- Eating foods with a low fluid content can help, preventing your stomach from becoming too full. Avoid drinking with meals, have a drink half an hour before or after, and don't have more than half a glass.
- Food that is cold or at room temperature is better tolerated, include ice in drinks and ice cream in puddings.
- Avoid very fatty or spicy foods, those which are high in fibre (vegetables, tough meat), those that cause flatulence, and alcohol.
- Remain seated or rest during meals, and for at least an hour afterwards.
- Loosen clothing before you eat and try to relax before eating.

- If you vomit you should start oral diet with teas and light soups, moving to skimmed milk and sorbets, followed by gradually thicker purées and soups.
 - More easily tolerated solid foods are usually rice, potatoes or pasta.
 - Increase the quantity of food little by little each time.
 - If vomiting persists for more than three days you should consult your doctor.

Recommendations for management of taste loss

- Some patients on chemotherapy treatment notice that food loses its taste.
- In this case you should:
 - Take extra care with oral hygiene.
 - Enhance flavour using salt, monosodium glutamate, seasoning (pepper, clove, nutmeg, cinnamon, cumin, coriander, saffron, curry, etc.) or aromatic herbs (mint, basil, dill, oregano, thyme and rosemary).
 - Eat high-quality foods: ham, cold meats, smoked meats, cheese, chlate, nuts, pasta, sweets, wine etc.
 - Focus on presentation.
 - Use recipes and cooking techniques which enhance the flavour of the food: roast, grill or fry, rather than boil.
 - Prepare a meal planner, even if you don't have any appetite.

Marinate foods

You can improve the flavour of red meat, chicken and fish by leaving them to marinate. Ready-made marinades are available to buy. Also try using fruit juice, wine or salad dressing. Whilst the food is marinating, put it in the fridge until you are ready to cook it.

Try acidic food and drinks

These include orange juice and lemonade. You may also like lemon curd tart, this can add more calories and protein to your diet. However, don't eat acidic foods if you have a sore mouth or throat.

Sweeten foods

If foods have a salty, bitter or acidic flavour, try adding sugar or artificial sweetener.

Add more flavour to your meals

For example, add chunks of lard or onion to vegetables. Use herbs such as basil, oregano or rosemary. Add barbecue sauce to meat.

Recommendations for taste and smell disorders

- You may develop a metallic taste in your mouth, an aversion to strong or bitter tastes and an aversion to meat.
- Try to identify foods or flavours which you strongly dislike, try sweet, salty, bitter and acidic flavours to see which you tolerate best.
- Make several meals a day (6-8), with high-energy, high-protein foods: cheese, milkshakes, flan, yoghurt, cheese spread, eggs, pastries etc.
- Use mouthwash regularly and, if there is no specific contraindication, drink a few litres of fluids a day (water, juice, infusions, especially with meals, to help with swallowing).
- Bicarbonate of soda mouthwashes (1/4 teaspoon of bicarbonate of soda in 1/4 litre of water) will reduce the bad taste in your mouth.
- Avoid red meat and very strongly flavoured foods.
- If meat has a bitter or metallic taste you can try:
 - Eating meat cold, or at room temperature.
 - Stuffing meat with vegetables (peas, potatoes, carrots, celery, spinach etc.).
 - Replacing red meat with chicken, turkey, cooked or York ham, rabbit, white fish, soft cheese or yoghurt.
 - Marinating the meat beforehand in fruit juice (lemon, pineapple), wine or mild vinegar.
- Use seasoning, such as parsley, bay leaf, thyme, garlic, onion, etc. to alter the flavour, as well as sauces (mayonnaise, tomato, Béchamel, soy sauce, sweet and sour sauce, pesto, etc.).
- In general, sweet and mild flavours are better tolerated.

Recommendations for management of diarrhoea

- Take regular fluids, in small quantities, to reach a total of around 2 litres a day. If you are having severe, liquid diarrhoea, it is better to drink alkaline lemonade or Sueroral® to maintain hydration.
- Eat frequent, small meals.
- Avoid high-fibre foods (wholegrain cereals, pulses, vegetables). Mashed potato, carrot, rice (either boiled or in soup) and yoghurt are all better tolerated, as are mashed pulses.
- If diarrhoea persists, Nutroharina arroz-manzana® (apple rice) can be helpful.
- Avoid tough meat, instead have boiled chicken and white fish, boiled egg, plain omelette and York ham.
- Avoid seasoning, especially spices, coffee, alcohol and acidic juices.
- Avoid fatty meals.
- Avoid raw fruit with the skin on. Many fruits are better tolerated peeled, puréed or cooked, especially apple and pear (apple purée, stewed apple).
- Avoid milk and replace it with natural yoghurt, live yoghurt or similar.
- Cook food with very little fat: grill, bake, microwave or boil.
- Following each bowel movement, wash and dry the perineal region.

If you think it's necessary, your doctor can prescribe you Fortasec, or similar, to try to reduce the diarrhoea, or prescribe an antibiotic if required..

Fortasec:

The first dose is two tablets.

Afterwards, 1 tablet should be taken each time you go to the toilet and pass a liquid stool, up to a maximum of 6 a day.

Alkaline lemonade recipe

- Add 1 tablespoon of sugar, the juice of 1 lemon, a pinch of salt and a pinch of bicarbonate of soda to 1 litre of water.



Recommendations for management of constipation

- You must drink plenty of fluids: around 2 litres. If you are losing weight, fluids should be in the form of milk shakes or juice to provide more calories.
- Increase the quantity of high-fibre foods: vegetables, unpeeled fruits, pulses, wholemeal bread and cereals.
- Try and develop a regular bowel habit, going at the same time every day.
- Increase mobility and physical activity, especially in the morning and after meals, to improve intestinal motility (go for a walk after eating).
- You can add bran and fibre preparations such as Plantaben® or methylcellulose to breakfast cereals, soups or casseroles.
- If you are taking pain medication (Durogesic®, Codeisan®, Codeferalgan®, MST®, Buprex®), you should prevent constipation on starting them, use a gentle laxatives such as Hodernal®, Duphalac® or Oponaf®.
- Taking part in physical exercise every day can help to prevent and alleviate constipation. Ask your doctor about the level and type of exercise you should do.
- Sometimes, if necessary, your doctor will prescribe stronger laxatives or an enema.

Recommendations for mucositis

- Increase oral hygiene.
- Take pain medication before eating (lidocaine viscous mouthwash or other medication prescribed by your doctor).
- Rinse your mouth with water and bicarbonate of soda before and after meals (add 1/4 teaspoon to 250 ml of water).
- Have frequent, small, high-calorie meals (flan, custard, ice cream, yoghurt, rice pudding).
- Avoid hard foods or those which break into bits causing irritation (nuts, biscuits) or leave a fibrous residue (vegetables).
- Eat soft, succulent foods which are easy to swallow. To do this, add stock, sauce, liquidised foods and purée, served at a temperature which is most comfortable (generally room temperature or lukewarm).
- Avoid irritating foods such as acidic (tomato, vinegar), seasoned, spicy and salty foods, or foods which are very cold or very hot. Avoid tobacco and alcohol, as well as medicines and mouthwashes which contain alcohol.
- Drink plenty of fluids to prevent thirst or a dry mouth.

Mycostatin:

If your tongue is white or you notice ulcers, you must start MYCOSTATIN oral solution: 1 measure every 6 hours (rinse your mouth and then swallow). After use, do not eat or drink for 15 minutes..

Dietary recommendations for management of xerostomia (dry mouth)

This can be accompanied by bad breath, decreased sense of taste, pain, discomfort, or difficulty speaking, chewing or swallowing.

You can:

- Increase salivation: chew gum, suck sugar-free sweets, eat ice cream or use artificial saliva. (Bucalson®[®], Salivart®[®], Bucohidrat®[®]).
- Drink lemon or orange juice, lemonade, eat lemon sorbet and lemon ice cream, all encourage the production of saliva.
- Avoid dry foods and those which break into bits when eaten such as biscuits, crisps or nuts.
- Prepare foods in soups or with plenty of sauce to make swallowing easier.
- Prepare cooked foods with a soft and succulent, sieved, puréed, liquidised or creamed consistency; prepare sorbets, ice creams, custard, yoghurt, etc.
- Foods are generally better tolerated at room temperature, rather than very hot or cold, although in some cases, ice and extremes may make you feel better.
- Avoid spicy foods.
- Increase fluid consumption, but preferably not at meal times.
- Brush your teeth and tongue before each meal.
- Rinse your mouth frequently with water, fluoride or chlorhexidine mouthwashes, but not with mouthwashes containing alcohol.
- Increase oral hygiene and brush teeth, gums and tongue after each meal, to prevent dental decay.

Dietary recommendations for management of dysphagia (difficulty swallowing)

- Check position: the patient should be sitting upright in a chair, shoulders inclined slightly forward and feet firmly on the floor.
- Do not use water to help swallowing (except in the case of a dry mouth). Fluids should only be taken when there is no food in the mouth.
- Small mouthfuls should be taken, without overfilling the mouth.
- Swallow calmly and repeatedly to empty the mouth between mouthfuls.
- Observe movement of the Adam's apple when swallowing, check that food is not collecting between the gums and cheeks.
- Observar el movimiento de la "nuez" con la deglución, y procurar que no se acumulen comidas entre la encía y la mejilla.



Starting oral diet in patients with dysphagia

- These recommendations are indicated in patients who are starting oral intake and who do not have good control of their lips or tongue, or who have poor oral sensitivity or poor swallowing reflex. Dysphagia is very limiting, causing an inability to swallow foods which require careful swallowing, or inability to swallow very watery liquids.
- This diet is mainly based on puréed foods and the elimination of unthickened fluids. Therefore, the diet should be composed of thick, smooth foods with a consistent, semisolid texture. Fruit and vegetables with a smooth texture can be also be eaten.
- Water, milk and juice should not be given unless thickened to alter the consistency.
- To thicken foods which are eaten cold (juice, milk, fruit, flan) or at room temperature, commercial gelatin can be used.
- To thicken foods which are eaten warm (meat, soup, vegetables, rice, pasta, vegetable purée), commercial thickeners must be used (Resource® thickener).
- Liquid or crushed medication can be given mixed with fruit purée or yoghurt.

Recommendations for skincare

- Always protect your skin from the sun with high factor sun cream (50/100).
- If itching occurs:
 - Ensure skin is well hydrated.
 - Use the latest-generation antihistamines which do not cause drowsiness such as Ibis, Alerlisin... Those causing drowsiness can be taken at night.
- In some cases, oral corticosteroids will need to be taken, but only when prescribed.
- Depending on your treatment, there may be a prevention protocol.





Tfno. Oncología 952 908 898

Tfno. General 952 908 628

oncology@hcmarbella.com | hcmarbella.com

C/ Ventura del Mar, 11. 29660 Marbella