

PRIMARY CARE 10 TOP TIPS

Nutrition for each stage of the cancer pathway: Post treatment and Recovery

1 Understand and acknowledge the potentially differing expectations of patients, family and carers with regards to nutrition, which can have physical, social, cultural and emotional implications

2 Aim to maintain or achieve a healthy weight (BMI 20-25kg/m²)

3 Consider the impact of disease or ongoing effects of treatment on nutritional status and treat symptoms for example gastrointestinal disturbances, pain, dry mouth

4 Consider dietetic advice for co-morbid conditions such as diabetes, osteoporosis risk or high cholesterol. Seek specialist advice if appropriate

5 If patient is maintaining weight encourage a balanced and varied diet¹

6 If patient is losing weight, is already underweight or has poor appetite give first line dietary advice on food fortification²:

- a. Swap traditional cooked meals if not tolerated for protein rich snack options
- b. Encourage small frequent meals and snacks which may be preferred
- c. Fortify normal foods with high calorie options
- d. Offer nourishing/milky drinks between meals

7 If patient is overweight (BMI >25kg/m²) give first line dietary advice on weight loss³

8 Vitamin or mineral supplements are only required in certain circumstances for example risk of osteoporosis, following total gastrectomy, pelvic radiotherapy or Whipples procedure

9 If patients have ongoing problems such as swallowing, gastrointestinal symptoms, psychological issues affecting nutrition or are unable to meet their nutritional requirements consider referral to the appropriate service

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10 If patient has been started on oral nutritional supplements, review the ongoing need for these if weight and intake have improved since finishing treatment

¹ Give *Healthy Eating and Cancer* booklet to patient

² Give *The Building Up Diet* booklet to patient

³ Give *Managing your weight after cancer treatment* booklet to patient

All patient information booklets are available to order free of charge at be.macmillan.org.uk



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