

飲食問題與癌症

癌症可能會引起飲食問題。本資訊是關於可能發生的不同問題以及處理方法。

所有帶下劃線的辭彙在本文最後所附的辭彙表中均有說明。辭彙表也提供英語發音說明。

如果您對此資訊存有任何疑問，您都可以向您的醫生、護士和營養師查詢。

週一至週五上午 9 時至晚上 8 時，您可以致電麥克米倫癌症援助機構（Macmillan Cancer Support）免費熱線：**0808 808 00 00**。我們有口譯員，所以您可以使用您的語言與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言（說「釵尼斯」）。

欲參閱更多繁體中文癌症資訊，請瀏覽 macmillan.org.uk/translations。

本資訊主要介紹：

- 癌症如何影響飲食
- 若您感到疲累而無法煮飯或吃飯
- 口腔及喉嚨問題
- 感覺噁心、胃灼熱和消化不良
- 影響您飲食的腸道變化
- 您的食慾和體重變化
- 麥克米倫（Macmillan）如何給予幫助
- 辭彙表
- 更多繁體中文版資訊
- 參考文獻與致謝

癌症如何影響飲食

許多癌症患者有飲食問題。飲食問題可能由癌症或治療導致。

由癌症引起的飲食問題

取決於癌症在您體內的部位，飲食問題可能包含：

- 感覺噁心
- 嘔吐
- 疼痛
- 消化不良
- 體重下降。

由癌症治療引起的飲食問題

癌症治療有時候會引起飲食問題，或導致消化不良。

一些飲食問題對您的影響可能較小，而有些飲食問題對您的影響可能較大。一些問題可能是暫時的，但當您完成治療時，問題有可能得到解決。有時候，問題可能持續較長的時間。

如果您有飲食問題，請與您的癌症醫生、護士或全科醫生溝通。他們可以為您轉介至營養師。

感染風險（低免疫力）

癌症和癌症治療有時候可能會降低您的免疫力。這就是所謂的低免疫力。這代表您更容易受到感染。

您的醫生可能會建議您避免攝取某些食物。這是為了防止您腸胃受到感染。在準備、儲存並重新加熱食物時，您必須特別留意。您的癌症護士會就這方面與您溝通。欲查閱更多關「健康飲食」的繁體中文資訊，請瀏覽 macmillan.org.uk/translations

特殊飲食

有些人會有特殊的飲食問題。例如，如果您進行胃部或腸道手術，您必須遵行特殊的飲食。您的營養師會為您提供相關建議。

若您感到疲累而無法煮飯或吃飯

疲勞是癌症治療的常見症狀。您可能會覺得自己煮飯，甚至吃飯都非常困難。

您可以這麼做

- 確保您家中有足夠且易於烹煮的食物。您可以選擇現成餐點、冷凍餐點或罐裝食物。
- 盡量提前做好計劃。如果您有冰箱，您可以趁您感覺比較好的時候準備食物，將其冷凍以供您疲倦時食用。
- 您可以請家人或朋友幫您採購或烹煮。
- 如果您在家裏需要協助煮飯或吃飯，請告訴您的全科醫生或營養師。他們可以安排餐點外送到您家。

照顧您的口腔健康

癌症治療的常見副作用是口腔問題。治療期間，照顧好自己的口腔至關重要，以防止受到感染。

保持口腔健康

- 您可能需要在癌症治療開始前去看牙醫。他們可以告訴您在治療期間使用的最佳牙膏。
- 請每天早晚使用柔軟的兒童牙刷清潔您的口腔、舌頭及牙齒。請避免使用牙籤，使用牙線前請先諮詢您的癌症醫生。
- 如果您有配戴假牙，請每晚將假牙浸泡在清潔液體中。白天請盡量減少配戴假牙，以免摩擦到您的牙齦。
- 多喝流質食物，尤其是水。喝牛奶也不錯。
- 確實遵照癌症醫生或護士提供的建議照護口腔。

如果您的嘴巴感到疼痛

- 放涼了的食物和飲料可能會比很燙或很冰的食物和飲料更好。
- 將碎冰加入飲料或在將果汁冷凍成冰塊 – 吸吮冰塊有助於舒緩嘴巴疼痛。吃冰淇淋也會有幫助。
- 酸性果汁可能會產生刺痛感。您可以試著喝較不酸的果汁（例如，西洋梨或黑醋栗汁）。
- 使用吸管飲用。

- 避免食用重鹹或辛辣的食物—這些食物可能會產生刺痛感。
- 避免食用粗硬口感的食物，如硬皮麵包、烤麵包或生蔬菜。
- 使用醬料和肉汁讓您的食物保持濕潤。
- 在進食前服用止痛藥可以幫助您吞嚥。
- 如果您嘴巴非常疼痛，您的醫生可以為您開立凝膠或更強效的漱口水。未經癌症醫生同意，請勿自行在藥房購買漱口水，這些漱口水可能會過於強烈。
- 如果您的嘴巴不那麼痛，用鹽水漱口可以有所幫助。

口腔及喉嚨問題

口乾

於頭部和頸部位置進行放療可能會損害您的唾液腺並導致口乾。一些化療藥物也會導致口乾。

您可以這麼做

- 您的醫生可以提供漱口水、喉糖、人工唾液噴霧劑或凝膠幫助緩解您的症狀。
- 隨身攜帶飲料並經常啜飲，包括上床睡覺或外出時。用餐期間，小口喝水。
- 用冷水噴灑口腔以保持濕潤。
- 吸吮冰塊或冰棒。
- 使用醬汁或肉汁軟化您的食物。
- 避免食用巧克力、糕點、花生醬和其他難下口的乾燥食物。
- 試著嚼無糖口香糖—有時可以增加唾液。
- 使用潤唇膏或凡士林（Vaseline®）塗抹乾燥的嘴唇。
- 如果您的舌頭出現一層白色舌苔，請告知您的護士。

味覺變化

癌症治療可能會以不同的方式改變您的味覺。這些變化通常都是暫時的。

您可以這麼做

- 使用香料、香草和調味料為食物增加風味。但如果您有嘴巴疼痛的情形，請小心，因為有些香料和調味料可能使其惡化。
- 您可以嘗試味道突出的食物（例如，新鮮水果和果汁）。但如果您有嘴巴疼痛的情形，請小心，因為這些食物可能會傷及您的嘴巴。
- 冷食的味道可能比熱食的味道更好。
- 冷肉與酸黃瓜或酸辣醬一起食用，味道會更好。
- 如果您的嘴裏有金屬味道，請使用塑膠餐具。
- 使用醬汁來烹煮或醃製魚肉、雞肉和雞蛋可以讓味道更好。
- 如果您吃紅肉時感覺有金屬的味道，您可以改吃白肉、魚肉或使用豆子和扁豆製成的素食餐。

咀嚼和吞嚥問題

如果您有任何吞嚥上的問題，請告知您的醫生、護士、語言治療師（SALT）或營養師。如果喝東西會讓您咳嗽，請立即告訴您的醫生或護士。

您可以這麼做

- 如果咀嚼或吞嚥讓您覺得痛，飯前服用止痛藥可能會有所幫助。您的醫生可以給您建議。
- 您可能需要軟化食物，讓您更容易吞嚥。
- 長時間烹調食物使其軟化並攪碎可以讓您更容易食用。
- 在食物淋上醬汁或肉汁。
- 將肉和蔬菜切碎。
- 切去麵包皮。
- 如果您感覺食物卡在喉嚨，喝氣泡飲料會有所幫助。
- 有些餐點外送公司的菜單提供軟食物的選項。
- 如果您覺得很難吃到足夠的量，您可以在正餐之間喝營養補充品。

感覺噁心、胃灼熱和消化不良

感覺噁心

有些癌症治療及便秘或肝損傷等問題可能會讓您感覺噁心。

您的癌症醫生可以開抗噁心藥物來緩解噁心的症狀。如果仍沒有幫助，請告知您的醫生。有其他藥物類型可以嘗試。

您可以這麼做

- 按照醫生囑咐定時定量服用抗噁心藥物。
- 一早食用如蘇打餅乾或甜餅乾等乾性食物可以幫助減少噁心症狀。
- 如果可以的話，讓其他人負責煮飯。有時候煮飯的味道會讓您感覺噁心。
- 避免食用油膩、高脂肪或油炸食物。
- 試著吃清淡的食物（例如，清湯）。
- 盡量在空氣新鮮的環境吃飯。
- 坐直於餐桌上吃飯，飯後維持該姿勢至少 30 分鐘。
- 含有生薑的食物或飲料會有所幫助。
- 有些人覺得薄荷茶也有幫助。如果您喜歡甜味，您可以加一茶匙蜂蜜。
- 啜飲如檸檬汽水、薑汁汽水或汽泡水等氣泡飲料對一些人有所幫助。
- 盡量在正餐之間，而非吃飯時間喝飲料。
- 在手腕上戴 Sea Bands®。您可以透過藥劑師取得。
- 放鬆技巧可能有助於減輕您的症狀。

如果您有便秘問題，請告知醫生，因為便秘也可能會讓您感到噁心。您可能會需要靠藥物幫助。

胃灼熱和消化不良

某些癌症治療和其他藥物有可能刺激胃部。胃灼熱是胸部感到灼熱疼痛。消化不良是上腹部（肚子）感到不適。它通常在飯後發作。

您可以這麼做

- 與您的醫生溝通。他們會試著找出您胃灼熱或消化不良的原因，並開立藥物以減緩症狀。
- 記下會令您不適的食物，這樣您就可以避免攝取這些食物。
- 避免食用巧克力、酒精、辛辣食物、油膩食物和茴香，因為這些都會導致問題。
- 避免大餐與宵夜。
- 定時定量吃飯，並細嚼慢嚥。
- 飯後休息 45 至 60 分鐘。飯後盡量不要躺下。
- 上身穿著寬鬆的衣服。
- 盡量保持健康的體重。
- 如果您抽煙，請盡量戒煙或少抽。

影響您飲食的腸道變化

便秘

排便（上廁所）困難或痛苦。某些癌症藥物可能引起便秘。如果您有便秘問題，請告知您的醫生。他們會開瀉藥給您。

您可以這麼做

- 多吃高纖食物。包含新鮮蔬果、全麥麵包、全麥穀物、什錦麥片、燕麥、豆類、扁豆、豌豆、糙米和全麥麵條。
- 多喝水，冷熱皆可。每日盡量喝足 2 公升（3½ 品脫）。這一點在增加高纖食物的過程中非常重要。
- 西梅汁、西梅、杏桃乾或無花果糖漿等自然食療可能會有所幫助。
- 散步等輕度運動可能會有所幫助。

如果您患有腸癌，在改變飲食前，與您的營養師、醫生或護士溝通非常重要。

腹瀉

您需要排泄的次數比平時多，且糞便比正常軟。

某些癌症治療和抗生素有可能導致腹瀉。其他藥物或感染也會導致腹瀉。腹瀉可能是暫時的輕微副作用。如果您有腹瀉的情形或變得嚴重，請務必告知您的醫生。

如果您接受腸癌手術後出現腹瀉的情形，在改變飲食前，請與您的癌症醫生或護士溝通。

您可以這麼做

- 多喝水（每日至少 2 公升或 3½ 品脫）。
- 少量多餐，避免大餐。
- 吃魚肉、雞肉、煮熟的雞蛋、白麵包、白麵條和白飯等清淡的食物。
- 少吃高纖食物（例如，穀片、生蔬果）
- 避免食用油膩以及高脂肪食物（例如，洋芋片、漢堡）
- 避免食用辛辣的食物。

如果改變飲食仍未改善腹瀉情形，您可能需要服用止瀉藥。重要的是，您要嚴格按照醫生的囑咐服藥。

脹氣

骨盆腔放療（下腹部）和一些腸道手術可能會導致脹氣。便秘和一些藥物也可能會導致脹氣。

如果您覺得難以承受脹氣或引起疼痛，請與您的癌症醫生或護士溝通。

您可以這麼做

- 慢慢吃，慢慢喝。小口吃並細嚼慢嚥。
- 避免食用豆類、莢果、酸黃瓜、甜玉米、洋蔥和汽泡飲料。
- 試著將兩勺薄荷水溶解在一杯溫水中。您可以加一點蜂蜜增加甜味，或者嘗試喝薄荷茶。
- 您的全科醫生可以提供對薄荷膠囊，來幫助減緩脹氣。
- 藥用炭片可能有所幫助—您可以透過藥劑師取得。
- 輕度運動可能有所幫助。
- 確保您有定期排便—脹氣有時候是便秘的徵兆。

您的食慾和體重變化

如果您吃不下飯或體重下降，請務必和營養師溝通。他們可以告訴您如何增加體重或避免體重下降。

如果您食慾不振

癌症治療期間，您可能會失去食慾。這可能是因為您不舒服、食物和飲料味道變了，或者因為您過於疲累。以下是一些建議，希望對您有所幫助：

- 少量多餐。
- 隨身攜帶點心（例如，洋芋片、堅果、乾果、起司、蘇打餅乾和優格），當您想吃時就可以輕易取得。
- 用小盤子盛裝食物。
- 細嚼慢嚥，每餐飯後休息片刻。
- 如果您無法吃一分正餐，您可以喝加了優格或冰淇淋的水果冰沙，或者加了全脂牛奶及鮮奶油的奶昔或熱可可。（請參閱下方的營養補充品）。
- 餐前半小時，您可以喝一點雪利酒或白蘭地來增加食慾。吃飯配一杯葡萄酒也可以幫助消化。請與您的醫生確認您是否可以喝酒。
- 您的醫生可以為您開立增加食慾的藥物。
- 您食慾較好的時候，盡量吃得健康並享受您喜歡的食物。

如果您接受腸癌治療，請與您的營養師、癌症護士或醫生討論關於您的飲食。

避免體重下降

如果您的體重下降或吃不下飯，您可以無需吃更多食物也能攝取額外卡路里（熱量）和蛋白質：

- 在早餐或甜點裡面加入全脂牛奶、糖漿、蜂蜜或糖。
- 試著在砂鍋菜和湯裡面加入扁豆、豆子和麵條。
- 熱湯裡面也可以加入刨絲起司（芝士）或橄欖油。
- 可以在馬鈴薯泥或醬汁中加入鮮奶油、起司（芝士）和奶油。
- 在三明治中塗抹大量奶油，並加入美乃滋或沙拉醬。

營養補充品

您的醫生可能會建議您補充營養補充品（營養食品）。您可以透過這些食品攝取更多卡路里（熱量）和蛋白質。有些是飲品，有些則是添加到食物或飲料中的粉末。有些食品可能需要由您的醫生或營養師開立處方，但有些您可以直接在藥房或超市買到。

您可以詢問您的醫生或營養師有關營養補充品的資訊。您最好在他們建議的時候才食用營養食品。

如果您有糖尿病，在食用營養補充品前，請務必諮詢您的全科醫生、癌症護士或營養師的意見。

麥克米倫（Macmillan）如何給予幫助

麥克米倫（Macmillan）致力於幫助您和您的家人。您可透過下列方式獲得援助：

- 麥克米倫（Macmillan）援助熱線 **(0808 808 00 00)**。我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用甚麼語言即可。我們可以回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。我們的電話接聽時間是週一至週五上午 9 時至晚上 8 時。
- 麥克米倫（Macmillan）網站 (**macmillan.org.uk**)。我們的網站有很多有關癌症和癌症病患生活的英文資訊。欲瞭解其他語言的更多資訊，請瀏覽 macmillan.org.uk/translations
- 資訊與支援服務。您可透過資訊與支援服務中心向癌症援助專家諮詢並獲得書面資訊。瀏覽 macmillan.org.uk/informationcentres 尋找離您最近的諮詢中心或致電我們。您的醫院可能設有資訊中心。
- 本地支援團體—您可以在支援小組中與其他受癌症影響的人交談。瀏覽 macmillan.org.uk/supportgroups 尋找離您最近的當地援助小組或致電我們。
- 麥克米倫（Macmillan）網路社群—您亦可以前往 macmillan.org.uk/community 與其他受癌症影響的人交談。

辭彙表

辭彙 (target language)	英文	如何用英文說 (transliteration of English word)	意思
抗生素	Antibiotics	安替比歐替克司	治療感染的藥物。
食慾	Appetite	阿陪太特	對於進食的慾望。
卡路里	Calories	卡路里	卡路里是食物中所含的能量。您的身體需要從食物獲得能量。
化療	Chemotherapy	奇模特瑞匹	使用藥物殺死癌細胞的癌症治療方法。
便秘	Constipation	康司替配向	清腸（排便）困難或痛苦。排便沒有往常頻繁，或大便較硬，成塊狀。
糖尿病	Diabetes	帶阿比提司	一種因為身體無法正常代謝糖，而導致血液中含糖量太高的疾病。
營養師	Dietitian	帶阿提向	食品和營養方面的專家。他們可以告訴您哪些食物最適合您。如果您有飲食上的問題，他們也可以為您提供建議。
消化	Digestion	帶結司向	您的身體如何分解您吃的食物並從中獲取營養。
營養補充品	Food supplements	富的·瑟普勒棉特司	加入您的飲食的飲品、粉末或食品，以增加您所攝取的 <u>卡路里</u> 、 <u>蛋白質</u> 或 <u>營養素</u> 。
胃灼熱	Heartburn	哈爾特柏爾恩	胃灼熱是胸部感到灼熱疼痛。發作時可能會令人非常難受，而原因是胃酸刺激了您的 <u>食管</u> （ <u>食道</u> ）內壁。
免疫系統	Immune system	以木恩·西斯特	您的免疫系統是您的身體保護您免受有害細菌及 <u>感染</u> 侵害的方式。
消化不良	Indigestion	因帶結司向	上腹部疼痛或不適。由胃酸刺激胃壁時產生。它通常在飯後發作。
感染	Infection	因費克向	當細菌進入您的身體進而導致疾

			病。
低免疫力	Low immunity	羅·以木呢地	當您身體的 <u>免疫系統</u> 運作不正常。這代表您更容易受到 <u>感染</u> 。
營養素	Nutrients	奴翠恩特	您的身體持續正常運作並保持健康所需來自食物的物質。
食管	Oesophagus	一所費哥司	從口腔到胃部的通道。進食時，食物沿其進入。也稱之為食道或食物管。
蛋白質	Protein	普洛特因	健康飲食中非常重要的食物成分。我們的身體需要蛋白質運行、培養和自行修復。
放療	Radiotherapy	瑞迪歐特瑞匹	使用高能 X 射線（如 X 光）殺死癌細胞的癌症治療方法。
唾液	Saliva	瑟來法	您的身體產生的液體並釋放於口中。有助於保持您的口腔健康和濕潤。也有助於咀嚼、吞嚥和 <u>消化</u> 。唾液也稱作唾沫。
唾液腺	Salivary glands	瑟里飛瑞·格蘭得司	口腔周圍產生 <u>唾液</u> 的腺體。
語言治療師	Speech and language therapist	司畢奇·恩得·蘭瓜基·特瑞匹斯特	幫助您治療言語和吞嚥問題的人士。
標靶治療	Targeted therapy	踏格特·特瑞匹	使用藥物靶向並破壞癌細胞的癌症治療方法。

更多繁體中文版資訊

我們提供更多關於以下主題的中文繁體版本：

癌症類型 <ul style="list-style-type: none">• 乳癌• 大腸癌• 肺癌• 前列腺癌 治療 <ul style="list-style-type: none">• 化療• 放療• 手術治療	應對癌症 <ul style="list-style-type: none">• 若您被診斷患有癌症-快速指南• 申請福利救濟• 飲食問題與癌症• 生命的終點• 經濟援助—福利救濟金• 經濟援助—財務協助• 健康飲食• 疲憊（疲勞）與癌症• 癌症治療的副作用• 您可以做些甚麼來幫助自己
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欲查看該資訊，請前往 macmillan.org.uk/translations

以中文與我們溝通

您可以撥打麥克米倫（Macmillan）免費電話 **0808 808 00 00** 透過口譯員用中文與我們交談。您可以同我們討論您的憂慮和醫療問題。當您致電我們時，只需用英語說出「中文」即可（請說出「釵尼斯」）。

我們的辦公時間是週一至週五上午 9 時至晚上 8 時。

參考文獻與致謝

所有資訊由麥克米倫癌症援助機構（Macmillan Cancer Support）癌症資訊開發團隊編寫和編輯，並由翻譯公司譯成繁體中文。

本資訊以麥克米倫（Macmillan）手冊以《飲食問題與癌症》和《組合飲食》為基礎。我們可以將副本發送給您，但完整手冊只有英語版本。

本資訊單已由相關專家審閱，並得到顧問醫療腫瘤學家和麥克米倫（Macmillan）首席醫療編輯，即我們的醫學編輯 Tim Iveson 博士的批准。

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同時感謝審閱本資訊的癌症患者。

我們所有的資料都依據可獲得的最佳證據。關於我們所用資源的更多資訊，請透過 bookletfeedback@macmillan.org.uk 聯絡我們。

MAC15753_CHINESE (TRADITIONAL)



上次審閱日期：2018 年 9 月

計畫下次審閱日期：2021 年

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MAC15753_CHINESE (TRADITIONAL)

Eating problems and cancer

Cancer can cause problems with eating and drinking. This information is about the different problems that can happen and ways of dealing with them.

Any words that are underlined are explained in the word list at the end. The word list also tells you how to say the words in English.

If you have any questions about this information, ask your doctor, nurse or dietitian.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, Monday to Friday, 9am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need (say “xxxxx”).

There is more cancer information in [LANGUAGE] at **macmillan.org.uk/translations**

This information is about:

- How cancer can affect eating
- If you are too tired to cook or eat
- Mouth and throat problems
- Feeling sick, heartburn and indigestion
- Bowel changes that affect your diet
- Changes to your appetite and weight
- How Macmillan can help you
- Word list
- More information in [LANGUAGE]
- References and thanks

How cancer can affect eating

Many people with cancer have eating problems. They could be caused by the cancer or the treatment.

Eating problems caused by cancer

Depending on where the cancer is in your body, problems can include:

- feeling sick
- being sick
- pain
- indigestion
- weight loss.

Eating problems caused by cancer treatments

Cancer treatments can sometimes cause problems with eating, drinking or your digestion.

Some eating problems may be minor, while others may have a bigger effect on you. Problems may be temporary and improve when you finish treatment. Sometimes, problems can last longer.

Talk to your cancer doctor, nurse or GP if you have problems with eating. They can refer you to a dietitian.

Risk of infection (low immunity)

Cancer and cancer treatments can sometimes weaken your immune system. This is called having low immunity. It means you are more at risk of getting an infection.

Your doctor may suggest that you need to avoid certain foods. This is to stop you getting a gastric (tummy) infection. You will also need to be careful when preparing, storing and reheating food. Your cancer nurse will talk to you about this. We have more information in [language] in the factsheet 'Healthy eating.' Visit macmillan.org.uk/translations

Special diets

Some people will have specific eating problems. For example, if you have had stomach or bowel surgery, you may need to follow a special diet. Your dietitian can give you advice on this.

If you are too tired to cook or eat

Feeling very tired is common with cancer treatment. You may find it hard to cook your meals or even to eat them.

What you can do

- Make sure you have enough food at home that is easy to make. You could use ready-made meals, frozen meals and tinned food.
- Try to plan ahead. If you have a freezer, prepare food while you are feeling better, and freeze it for when you are tired.
- Ask family or friends to do some shopping or cooking for you.
- If you need help at home with cooking or eating, tell your GP or dietitian. They can arrange for meals to be delivered to you at home.

Looking after your mouth

A common side effect of cancer treatment is mouth problems. It is very important to look after your mouth during treatment, to avoid getting an infection.

Keeping your mouth healthy

- You may need to see your dentist before cancer treatment starts. They can tell you the best toothpaste to use during treatment.
- Clean your mouth, tongue and teeth gently each morning and evening, with a soft children's toothbrush. Avoid using toothpicks and check with your cancer doctor before using floss.
- If you wear dentures, soak them in a cleaning solution overnight. Leave them out for as long as you can during the day to stop them rubbing your gums.
- Drink lots of fluids, especially water. Milk is also good.
- Follow any advice from your cancer doctor or nurse about how to care for your mouth.

If you have a sore mouth

- Cool foods and drinks may be better than very hot or very cold ones.
- Add crushed ice to drinks or freeze fruit juice in ice cube trays – sucking on ice cubes can sooth your mouth. Ice cream can also help.
- Some fruit juices can sting the mouth if they are acidic. Try less acidic juices like pear or blackcurrant.
- Drink through a straw.

- Avoid salty or spicy foods – these may sting.
- Avoid rough textured foods such as crusty bread, toast or raw vegetables.
- Keep your food moist with sauces and gravies.
- Taking painkillers before eating can help you swallow more easily.
- If you have a very sore mouth, your doctor can prescribe a gel or stronger mouthwash. Do not buy mouthwash from the chemist without checking with your cancer doctor, as these can be too strong.
- If your mouth is not too sore, a salt-water mouthwash can help.

Mouth and throat problems

Dry mouth

Radiotherapy to the head and neck area can damage your salivary glands and cause a dry mouth. Some chemotherapy drugs can also make your mouth dry.

What you can do

- Your doctor can help by giving you mouthwashes, lozenges, artificial saliva sprays or gels.
- Keep a drink with you all the time and sip it regularly, including when you go to bed or go out. Have sips of water with your meals.
- Spray your mouth with cool water to keep it moist.
- Suck ice cubes or ice lollies.
- Use sauces and gravies to soften your food.
- Avoid chocolate, pastry, peanut butter and other dry foods if they are hard to eat.
- Try sugar-free chewing gum – this can sometimes increase saliva.
- Use lip balm or Vaseline® on dry lips.
- Tell your nurse if your tongue gets a white coating over it.

Taste changes

Cancer treatment can affect your taste in different ways. They are usually temporary.

What you can do

- Use spices, herbs and seasoning to flavour food. But be careful if your mouth is sore, as some spices and seasonings can make this worse.
- Try having sharp tasting foods, such as fresh fruit and fruit juice. Be careful if your mouth is sore though, as these may hurt your mouth.
- Cold foods may taste better than hot foods.
- Cold meats may taste better with pickle or chutney.
- If you have a metal taste in your mouth, use plastic cutlery.
- Fish, chicken and egg meals may taste better when cooked or marinated in a sauce.
- If you have a metal taste when eating red meat, try white meat, fish, or vegetarian meals, using beans and lentils.

Chewing and swallowing problems

Tell your doctor, nurse, speech and language therapist (SALT) or dietician if you have any problems swallowing. If drinking makes you cough, tell your doctor or nurse straight away.

What you can do

- Taking painkillers before meals may help if it hurts to chew or swallow. Your doctor can give you advice.
- You may need to soften foods to make them easier to eat.
- Cook food slowly for a long time to make it softer and blend it to make it easier to eat.
- Cover food in a sauce or gravy.
- Chop meat and vegetables into small pieces.
- Cut the crusts off bread.
- If you feel food is getting stuck in your throat, fizzy drinks can help.
- Some meal delivery companies have a choice of soft foods on their menu.
- If you find it hard to eat enough, there are food supplements that you can have as drinks in between meals.

Feeling sick, heartburn and indigestion

Feeling sick

Some cancer treatments and problems like constipation or liver damage, can make you feel sick.

Your cancer doctor can give you anti-sickness drugs to help with sickness. If this does not help, tell your doctor, as there are different types you can try.

What you can do

- Follow the instructions you are given about when and how to take the anti-sickness drugs.
- Dry foods, such as crackers or plain biscuits can help you to feel less sick first thing in the morning.
- If possible, let someone else do the cooking. Sometimes the smell of cooking can make you feel sick.
- Avoid greasy, fatty or fried foods.
- Try to eat light foods such as thin soups.
- Have some fresh air around you when you eat.
- Sit up straight at the table to eat, and stay like this for at least 30 minutes after eating.
- Food or drink containing ginger can help.
- Some people find peppermint tea helps. You could add a teaspoon of honey if you prefer a sweeter taste.
- Sipping a fizzy drink, such as lemonade, ginger ale or fizzy water, helps some people.
- Try having drinks between meals rather than with your food.
- Wear Sea Bands® on your wrists. You can get them from your chemist.
- Relaxation techniques may help you feel less sick.

Let your doctor know if you have constipation, as this can make you feel sick. You may need some medicine to help.

Heartburn and indigestion

Some cancer treatments and other drugs can irritate the stomach. Heartburn is a burning feeling in the chest. Indigestion is discomfort in the upper part of the abdomen (tummy). It happens mostly after meals.

What you can do

- Talk to your doctor. They will try to find out the cause of your heartburn or indigestion and give you medicines to reduce it.
- Make a note of foods that cause you discomfort so you can avoid them.
- Avoid chocolate, alcohol, spicy food, fatty food and aniseed, as these are known to cause problems.
- Avoid large meals and eating late at night.
- Eat regular meals and eat slowly.
- Rest for 45–60 minutes after you eat. Try not to lie down after a meal.
- Wear loose clothing around your waist.
- Try to stay a healthy weight.
- If you smoke, try to stop or cut down.

Bowel changes that affect your diet

Constipation

This is when you find it difficult or painful to poo. Some cancer drugs can cause constipation. Talk to your doctor if you have constipation. They may give you medicines called laxatives.

What you can do

- Eat foods with lots of fibre in. These include fresh fruit and vegetables, wholemeal bread, wholemeal cereal, muesli, oats, beans, lentils, peas, brown rice and wholegrain pasta.
- Drink lots of fluids, both hot and cold drinks. Try to drink 2 litres each day (3½ pints). This is important if you are increasing the amount of fibre you eat.
- Natural remedies such as prune juice, prunes, dried apricots or syrup of figs might help.
- Gentle exercise, such as walking, can help.

If you have bowel cancer, it is important to talk to your dietitian, doctor or nurse before changing your diet.

Diarrhoea

This is when you need to poo more often than normal, and the poo is softer than normal.

Several cancer treatments and antibiotics can cause diarrhoea. Other medications or an infection can also cause diarrhoea. Diarrhoea can be a temporary, mild side effect. Always tell your doctor if you have diarrhoea and if it gets worse.

If you have diarrhoea after surgery for bowel cancer, talk to your cancer doctor or nurse before changing your diet.

What you can do

- Drink lots of fluids (at least 2 litres or 3½ pints each day).
- Eat small meals more regularly, rather than having large meals.
- Eat light foods, such as fish, chicken, well-cooked eggs, white bread, pasta and rice.
- Eat less fibre (such as cereals, raw fruits and vegetables).
- Avoid greasy and fatty foods such as chips and burgers.
- Avoid spicy foods.

If changing what you eat does not help with diarrhoea, you may need to have anti-diarrhoea tablets. It is important to take the tablets exactly as your doctor explains.

Wind

Pelvic radiotherapy (to the lower tummy area) and some types of bowel surgery may cause wind. Constipation and some types of medicines can also cause wind.

If you find wind difficult to cope with or it causes you pain, talk to your cancer doctor or nurse.

What you can do

- Eat and drink slowly. Take small mouthfuls and chew food well.
- Avoid beans, pulses, pickles, sweetcorn, onions and fizzy drinks.
- Try two teaspoons of peppermint water dissolved in a glass of warm water. You can sweeten it with honey. Or you could try peppermint tea.
- Your GP can give you peppermint capsules that may help.
- Charcoal tablets may help – you can get some from your chemist.
- Gentle exercise can help.
- Try to make sure you poo regularly – wind can be a sign of constipation.

Changes to your appetite and weight

If you find it hard to eat, or you are losing weight, it is important to talk to a dietitian. They can also tell you how to put on weight or prevent weight loss.

If you have a poor appetite

During cancer treatment, you may lose your appetite. This may be due to feeling sick, food and drink tasting different, or because you feel too tired. Here are some tips that may help:

- Eat smaller meals but have them more often.
- Keep snacks, such as crisps, nuts, dried fruit, cheese, crackers and yoghurt. with you for when you feel able to eat.
- Serve food on a small plate.
- Eat meals slowly, chew the food well and relax for some time after each meal.
- If you cannot eat a plate of food, you could have a fruit smoothie with yoghurt or ice cream. Or a milkshake or hot chocolate, made with full fat milk and some cream. (See food supplements below).
- A small sherry or brandy half an hour before you eat can increase your appetite. A glass of wine with meals may also help digestion. Check with your doctor whether you can have alcohol.
- Your doctor may give you a medicine that can help increase your appetite.
- On days when your appetite is better, try to eat well and have your favourite foods.

If you have had treatment for bowel cancer, talk to your dietitian, cancer nurse or doctor about your diet.

Avoiding weight loss

If you are losing weight or finding it hard to eat, you can add extra calories (energy) and protein to your diet without having to eat more food.

- Add full-fat milk, syrup, honey or sugar to breakfasts and desserts.
- Try adding cream or lentils, beans and noodles to casseroles and soups.
- Grated cheese or olive oil can be added to hot soup.
- Cream, cheese and butter can be added to mashed potatoes or sauces.
- Use plenty of butter and add mayonnaise or salad cream in sandwiches.

Food supplements

Your doctor may suggest that you have food supplements (nutritional supplements). These can add extra calories (energy) or protein to your diet. Some are drinks and others are powders that you add to food or drink. Your doctor or dietitian may need to prescribe some but others you can buy from the chemist or supermarket.

You can ask your doctor or dietitian about food supplements. You should only use supplements if they recommend it.

If you have diabetes, you must get advice from your GP, cancer nurse or dietitian, before you use food supplements.

How Macmillan can help

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00).** We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open Monday to Friday, 9am to 8pm.
- **The Macmillan website (macmillan.org.uk).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

Word list

Word (target language)	In English	How to say in English (transliteration of English word)	Meaning
	Antibiotics		Medicine that treats an <u>infection</u> .
	Appetite		When you feel you want to eat food.
	Calories		Calories are the amount of energy contained in food. Your body needs energy from food to function.
	Chemotherapy		A cancer treatment that uses drugs to kill cancer cells.
	Constipation		When you find it difficult or painful to empty your bowels (poo). You might not be going as often as usual, or your poo might be hard and lumpy.
	Diabetes		A condition where the amount of sugar in the blood is too high because the body does not use it properly.
	Dietitian		An expert in food and nutrition. They can tell you which foods are best for you. They can also give you advice if you have problems with your diet.
	Digestion		How your body breaks down the food you eat and gets <u>nutrients</u> from it.
	Food supplements		Drinks, powders or foods that can be added to your diet to increase the amount of <u>calories</u> , <u>protein</u> or <u>nutrients</u> you are getting.
	Heartburn		Heartburn is a burning feeling in the chest. It can be very painful. It happens when acid from the stomach irritates the lining of your the <u>oesophagus</u> (food pipe).
	Immune system		Your immune system is your body's way of protecting you from harmful bacteria and <u>infections</u> .

	Indigestion		Pain or discomfort in the upper part of the tummy. It can happen when stomach acid irritates the lining of the stomach. It happens mostly after meals.
	Infection		When bacteria gets into your body and causes an illness.
	Low immunity		When your body's <u>immune system</u> is not working properly. It means you are more at risk of getting an <u>infection</u> .
	Nutrients		Substances in food that your body needs to keep working properly and stay healthy.
	Oesophagus		The tube that goes from the mouth in to the stomach. Food passes down it when you eat. It's also called the gullet or food pipe.
	Protein		A substance found in food that is important in a healthy diet. Our body needs protein to function, grow and repair itself.
	Radiotherapy		A cancer treatment that uses high-energy rays, such as x-rays, to kill cancer cells.
	Saliva		A liquid your body produces and releases into the mouth. It helps keep your mouth healthy and moist. It also helps with chewing, swallowing and <u>digestion</u> . It is also called spit.
	Salivary glands		Glands around the mouth that produce <u>saliva</u> .
	Speech and language therapist		Someone who can help if you have problems with speech and swallowing.
	Targeted therapy		A cancer treatment that uses drugs that target and attack cancer cells.

More information [language]

We have information in [language] about these topics:

<p>Types of cancer</p> <ul style="list-style-type: none">• Breast cancer• Large bowel cancer• Lung cancer• Prostate cancer <p>Treatments</p> <ul style="list-style-type: none">• Chemotherapy• Radiotherapy• Surgery	<p>Coping with cancer</p> <ul style="list-style-type: none">• If you're diagnosed with cancer – A quick guide• Claiming benefits• Eating problems and cancer• End of life• Financial support – benefits• Financial support – help with costs• Healthy eating• Tiredness (fatigue) and cancer• Side effects of cancer treatment• What you can do to help yourself
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To see this information, go to macmillan.org.uk/translations

Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in [LANGUAGE] through an interpreter. You can talk to us about your worries and medical questions. Just say [LANGUAGE] in English when you call (say “xxxxx”).

We are open Monday to Friday, 9am to 8pm.

References and thanks

All of this information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into [language] by a translation company.

The information included is based on the Macmillan booklets **Eating problems and cancer** and **The building-up diet**. We can send you copies, but the full booklets are only available in English.

This information has been reviewed by relevant experts and approved by our medical editor, Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

With thanks to Debbie Provan, National AHP Lead for Cancer Rehabilitation & Macmillan TCAT Project Manager, and Loraine Gillespie, Dietetic Manager.

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **bookletfeedback@macmillan.org.uk**

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Next planned review: 2021

We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

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