Evidence Based Nutrition for Cancer Patients & Survivors

Today’s Chat Agenda

• Updates: Community Oncology Alliance (COA) and COA’s Patient Advocacy Network (CPAN)
• Jenn Lafferty Intro
  o Nutrition challenges for people with cancer along the care continuum
  o Managing nutrition impact symptoms
  o Advocating for Medical Nutrition Therapy (MNT) for all people with cancer
  o Resources

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Clinical Oncology Nutritionist Supervisor
Care Management
American Oncology Network, LLC
The Role of Nutrition Before, During and After Cancer

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Clinical Oncology Nutritionist Supervisor
Discussion Outline

- Potential Nutrition Concerns and Outcomes Across the Cancer Continuum
- Diet Recommendations
- Nutrition Impact Symptoms and Other Nutrition Challenges Facing People During Treatment
- Malnutrition and Cancer
- Cancer and Nutrition Advocacy
- Resources
# Potential Nutrition-Related Concerns and Outcomes Across the Cancer Continuum

<table>
<thead>
<tr>
<th>State in continuum</th>
<th>Cancer prevention</th>
<th>Initial treatment</th>
<th>Early posttreatment</th>
<th>≥5 years after diagnosis</th>
</tr>
</thead>
</table>
| **Potential nutrition concerns** | • Obesity, loss of muscle mass  
• Energy-dense food intake  
• Excessive dietary supplement usage  
• Food contamination | • Nutrition impact symptoms  
• Immunosuppression  
• Drug-nutrient interactions  
• Weight and body composition changes | • Fatigue  
• Endocrine disorders  
• Weight and body composition | • Weight loss or gain  
• Decreased bone density  
• Endocrine disorders  
• Cardiovascular complications |

| **Potential nutrition outcomes** | • Improved weight and body composition  
• Improved blood glucose control  
• Improved immune function | • Tolerance/adherence to treatment  
• Fewer infectious complications  
• Improve weight and body composition  
• Delay or prevent disease progression  
• Improved quality of life  
• Improved survival | • Decreased fatigue  
• Improved functional status  
• Faster recovery  
• Improved weight and body composition  
• Decreased risk for recurrence and subsequent cancer  
• Improved survival  
• Improved quality of life | • Fewer late effects of treatment  
• Improved functional status  
• Improved weight and body composition  
• Decreased risk for recurrence and subsequent cancer  
• Improved survival  
• Improved quality of life |

Diet Recommendations
Drink Mostly Water and Unsweetened Drinks

- Drinking a lot of sodas or sugary drinks can contribute to weight gain that increases your risk for cancer
- One 12-ounce can of soda contains 9 teaspoons of sugar or high fructose syrup, 150 calories, and zero nutrients
- Bottled teas, lemonades, “energy” drinks, and many “juice drinks” also add ample amounts of extra sugar

- Choose still or sparkling water
- Drink unsweetened tea and coffee
- Infuse tea with lemon or cucumber
Limit Processed Foods to Help Control Calorie Intake

• Fast and convenience foods can be tempting, but over time, eating that way can have negative impacts on your health and lead to weight gain, which can increase your risk for cancer
• High in fat and sugar, but low in fiber and nutrients
• Fast and convenience foods are often served in large portions

• Fuel up on foods that are minimally processed and include fruit and vegetable ingredients
• Keep healthy snacks on hand for when cravings strike
• Read nutrition facts labels when shopping and compare calories per serving, fat and sodium, and select foods that are minimally processed

Take Action to Manage Body Fat

- Too much body fat can produce proteins called cytokines which trigger inflammation
- Having excessive body fat can cause your body to produce too much estrogen, insulin and other hormones
- Risk for cancer increases with having excess visceral fat and significant excess body fat

- Eat nutritious foods, in healthy portions
- Avoid sugary drinks and alcohol
- Be physically active; move more, sit less

**Types of Cancer**

- Breast Cancer
- Colorectal Cancer
- Endometrial Cancer
- Esophageal Cancer
- Gallbladder Cancer
- Kidney Cancer
- Liver Cancer
- Mouth, Pharynx, and Larynx Cancer
- Ovarian Cancer
- Pancreatic Cancer
- Prostate Cancer
- Stomach Cancer

Limit Consumption of Red and Processed Meat

• You don’t have to eat red meat to get the nutrients you need, but eating moderate amounts provides a good source of protein, iron, zinc, and vitamin B12

• Eating more than 18 oz. of red meat weekly can increase your cancer risk (colorectal cancer)

• Eat little, if any, processed meat

• Think of lean meat as a side dish

• Eat meatless a few times a week

It’s Best Not to Drink Alcohol

- Be mindful and conscious of your alcohol intake in social situations
- Order smaller sizes and avoid doubles
- Sip slowly
- Alternate alcoholic and non-alcoholic drinks

- Try alcohol free beer, wine and spirits
- Try Kombucha, seltzer, club soda

Enhance Your Diet with More Plant Foods

- Vegetables and fruits may help to protect you from a host of cancers – such as colorectal, esophageal, mouth, pharynx, larynx, and stomach
- Phytochemicals can protect cells from the damage that may lead to cancer

- Make whole grains, vegetables, fruits, beans and lentils a major part of your normal diet
- Strive for at least 30g of fiber from food sources
- Include a minimum of 3.5 cups to 5 cups of vegetables and fruits

2/3 or more plant foods
1/3 or less animal foods

# How do Plant Foods Fight Cancer?

<table>
<thead>
<tr>
<th>Biological process protecting the cell, preventing initiation and progression</th>
<th>Examples of nutrients shown to support the process</th>
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</thead>
<tbody>
<tr>
<td>Detoxification of carcinogens</td>
<td>Isothiocyanates, flavonoids</td>
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<tr>
<td>Protection of DNA from oxidation</td>
<td>Vitamins A, C, D, E and selenium</td>
</tr>
<tr>
<td>DNA repair</td>
<td>Folate, selenium, lycopene, retinoids</td>
</tr>
<tr>
<td>Cell cycle regulation</td>
<td>Polyphenols, retinoids, folate, selenium</td>
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<tr>
<td>Promotion of cell differentiation</td>
<td>Long-chain-omega-3 fatty acids, vitamin D, retinoic acid</td>
</tr>
<tr>
<td>Induction of apoptosis in initiated cells</td>
<td>Curcumin, polyphenols, sulforaphane, isothiocyanates, quercetin, lycopene</td>
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<tr>
<td>Prevention of angioneogenesis</td>
<td>Indol-3-carbinol, curcumin</td>
</tr>
<tr>
<td>Suppression of inflammation</td>
<td>Omega-3 fatty acids, indol-3-carbinol</td>
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<tr>
<td>Regulation of hormonal signals</td>
<td>Soy isoflavones, vitamin D, carotenoids</td>
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</table>
Popular Diets that Fit the Recommendations

FLEXITARIAN DIET

LACTO-OVO VEGETARIAN DIET

MEDITERRANEAN DIET

PESCO VEGETARIAN DIET (OR PESCATORIAN)

VEGAN DIET
Managing Nutrition Impact Symptoms
# Common Nutrition Impact Symptoms During Cancer Treatment

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<tr>
<th>Poor Appetite and Fullness</th>
<th>Constipation</th>
<th>Diarrhea</th>
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<tbody>
<tr>
<td>Nausea/Vomiting</td>
<td>Poor Taste, Taste Alterations</td>
<td>Fatigue</td>
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<tr>
<td>Malabsorption</td>
<td>Dry Mouth and Thick Saliva</td>
<td>Difficult and Painful Swallowing</td>
</tr>
</tbody>
</table>
Malnutrition and Cancer
Malnutrition – Looks Can Be Deceiving
What **does Malnutrition look like?**

- **Sudden unexpected weight loss**
- **Loss of appetite**
- **Muscle weakness**
- **Frequent nausea, vomiting, or diarrhea**
- **Slow-healing wounds**
- **Feeling tired or fatigued**
- **Swelling in your ankles, legs, or belly**
- **Getting sick often**
Cancer can be a financially devastating diagnosis. Food insecurity is associated with adverse mental and physical outcomes

• Discuss ability to purchase and access food
• Educate about nutritious, cost-effective food options
• Direct to food assistance resources
• Referral for assistance with applying for supplemental nutrition programs
Nutrition Advocacy
Inadequate Nutrition Coverage in Outpatient Cancer Centers: Results of a National Survey

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Received 30 June 2006; Revised 12 September 2006; Accepted 1 October 2006. Published 22 November 2006

Study: More Dietitians Needed in Cancer Centers to Help Patients Stay Well-Nourished Throughout Treatment and Beyond

Nutritional counseling optimizes cancer care, yet there's an average of about one dietitian for every 2,300 patients nationally
Advocacy: Medical Nutrition Therapy Act of 2021

- S. 1536 Introduced and referred to the Senate Committee on Finance
- H.R 3108 Introduced and referred to the House Subcommittee on Health

This bill expands Medicare coverage of medical nutrition therapy (MNT) services.

Currently, Medicare covers such services for individuals with diabetes or kidney disease under certain circumstances; such services must also be provided by a registered dietitian pursuant to a physician referral.

This bill extends coverage to individuals with other diseases and conditions, including obesity, eating disorders, cancer, HIV/AIDS, prediabetes, malnutrition, gastrointestinal diseases, cardiovascular disease, and hypertension; such services may also be referred by a physician assistant, nurse practitioner, clinical nurse specialist, or (for eating disorders) a clinical psychologist.

congress.gov
eatrightpro.org/advocacy
Resources

Living Well with Cancer and Beyond

Support for People with Cancer

Eating Hints: Before, during, and after Cancer Treatment

Diet and Activity Guidelines to Reduce Cancer Risk

- Staying at a healthy weight, being physically active throughout life, following a healthy eating pattern, and avoiding or limiting alcohol may greatly reduce your risk of developing or dying from cancer.

- About 1 in 5 cancer cases could be prevented by weight management, physical activity, and alcohol limitation.

The American Cancer Society Diet and Physical Activity Guidelines for Cancer Prevention provide recommendations for weight control, physical activity, diet, and alcohol consumption to reduce cancer risk.

The American Cancer Society recommends the following:

- Be physically active.
- Eat a healthy diet.
- Limit or avoid alcohol.

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aicr.org
cancer.gov
cancer.org
Thank You to Jennifer Lafferty & Our Listeners!
Don’t miss our next advocacy chat
Wednesday, April 12th at 12:00 pm ET

The Impact of Health Equity on Cancer Care

Audrey Davis, LPC, PM-LPC
Director of Health Equity
Cancer Support Community