

Cancer care: why nutrition matters



Malnutrition in cancer patients leads to poorer health outcomes. It also results in an increased burden to healthcare resources.

Nutritional care should be an integral part of cancer care.



Cancer patients are at higher risk of malnutrition: 1 in 3 cancer patients are malnourished¹



Malnutrition in cancer patients costs an estimated €17 billion/year in the EU²

Malnutrition prevalence in certain cancer types³:

Cancer type	Overall prevalence of malnutrition %
Upper digestive	49,5%
Head and neck	45,6%
Lung	40,2%
Haematological	34,2%
Gynaecological	32,6%
Colorectal	31,2%
Breast	18,3%

What are the consequences of malnutrition for cancer patients?



Muscle loss



Increased toxicity from chemotherapy



Reduced tolerance to anticancer therapy



Reduced independence and quality of life



Higher complications and risk of infections



Longer hospital stay greater than 3 days⁴



Increased mortality

Good nutritional care can deliver better health outcomes and save costs⁵



Weight gain or maintenance



Decreased interruption rate of oncology therapy



Improved response to anticancer therapy



Nutritional interventions allow for cost savings to the healthcare systems

MNI RECOMMENDATIONS

Screen and monitor cancer patients for malnutrition to provide timely nutritional care

Implement clinical guidelines on nutritional care for cancer patients

Provide equal access to and reimbursement of medical nutrition to cancer patients

Implement multidisciplinary teams in oncology including a dietitian or nutritionist

Educate healthcare professionals and patient advocates, and inform cancer patients on the importance of nutritional care

¹"Better care through better nutrition: value and effects of medical nutrition - A summary of the evidence base"
https://www.medicalnutritionindustry.com/sites/default/files/medical_nutrition/2018_0808_Better%20care.pdf

²"The economic costs of disease-related malnutrition" Freije, Karen et al. (Clinical Nutrition, Volume 32, Issue 1, 136 – 141)
[https://www.clinicalnutritionjournal.com/article/S0954-6794\(16\)30099-4/fulltext](https://www.clinicalnutritionjournal.com/article/S0954-6794(16)30099-4/fulltext)

³"The economic cost of hospital malnutrition in Europe: a narrative review" Khalafbari-Soltani, Saman et al. (Clinical Nutrition ESPEN, Volume 15, Issue 3, e69 – e80)
<https://doi.org/10.1016/j.clnesp.2019.05.002>



Nutritional Issues In Cancer Care

**Shalie Malik, Varun Chhachhar, Manoj
Kumar Mishra**



Nutritional Issues In Cancer Care:

Nutritional Issues in Cancer Care Valerie J. Kogut, Sandra L. Luthringer, 2014-05-14 A practical guide on nutrition for healthcare professionals involved in the day to day management of patients in all phases of cancer care including prevention treatment survivorship and palliative care Unlike other books on nutritional oncology that focus on the nutritional needs of patients during the various forms of treatment for cancer *Nutritional Issues in Cancer Care* is designed to provide site specific information regarding the disease common treatment modalities and nutrition implications Chapters detail nutritional issues in cancer prevention complementary and alternative medicine hospice and palliative care and more Specific types of cancer are also individually examined including breast colorectal esophageal and gastric head and neck lung pancreatic prostate and many more Unique to *Nutritional Issues in Cancer Care* each chapter in the book is authored by a registered nurse and a registered dietitian This book will provide a valuable insight

Nutritional Management of Cancer Treatment Effects Nagi B. Kumar, 2012-02-16 Malnutrition and its related symptoms are both frequent and deleterious effects of cancer treatment Despite the importance of targeted nutritional interventions in ameliorating these effects however publications providing up to date information on novel nutritional approaches and strategies are lacking This book is intended to fill the void by describing and evaluating in detail the nutritional strategies that may be employed to alleviate a wide variety of cancer treatment effects The guidance provided will help to improve the survival and quality of life of cancer patients and has the potential to dramatically affect how evidence based clinical practice is established and improved over the coming decade The author is a distinguished expert in the field who has more than 25 years of experience in oncology nutrition and has been involved in establishing and implementing a Clinical Nutrition Oncology Program

Clinical Nutrition for Oncology Patients Mary Marian, Susan Roberts, 2010-10-25 *Clinical Nutrition for Oncology Patients* provides clinicians who interact with cancer survivors the information they need to help patients make informed choices and improve long term outcomes This comprehensive resource outlines nutritional management recommendations for care prior to during and after treatment and addresses specific nutritional needs and complementary therapies that may be of help to a patient This book is written by a variety of clinicians who not only care for cancer survivors and their caregivers but are also experts in the field of nutritional oncology Important Notice The digital edition of this book is missing some of the images or content found in the physical edition

[Examining Access to Nutrition Care in Outpatient Cancer Centers](#) National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, 2016-09-26 An estimated 90 percent of oncology patients in the United States receive treatment in outpatient cancer centers and clinics This change from the older model of inpatient care has important implications for overall quality of care for oncology patients and nutritional care in particular Amidst growing concern about access to oncology nutrition services combined with growing recognition of the importance of providing nutritional care to optimize oncology treatment outcomes

and maximize quality of life among both patients and survivors of cancer the National Academies of Sciences Engineering and Medicine convened a public workshop in March 2016 to explore evolving interactions between nutritional care cancer and health outcomes Participants explored how health outcomes and survival of cancer patients in outpatient cancer centers are affected by current standards for nutritional services nutritional interventions and benefits associated with oncology patient access to medical nutrition therapy They also studied the cost of outpatient nutritional care and assessed cost benefit relationships between oncology nutrition services and health outcomes and survival This publication summarizes the presentations and discussions from the workshop

Nutrition and Cancer Clare Shaw,2010-11-29 Nutrition plays a crucial role in supporting patients receiving treatment for cancer Carefully considered nutritional options can help to manage patients with weight loss and cachexia support the patient s ability to recover from surgery and cope with treatments such as chemotherapy and radiotherapy Patients living with and beyond cancer can also benefit from advice on optimal nutrition and lifestyle changes Edited by Dr Clare Shaw Consultant Dietitian at The Royal Marsden NHS Foundation Trust Nutrition and Cancer takes an unrivalled look at this prevalent disease offering the reader An insight into the nutritional challenges faced for patients with cancer A practical guide to nutrition and dietetic practice in cancer care A detailed look at nutritional options for different diagnostic groups Contributions from a wide range of cancer specialists An excellent resource for dietitians clinical nutritionists doctors nurses and other health professionals working with cancer patients this book is also a fascinating reference for students and researchers with an interest in the area

Nutrition in the Prevention and Treatment of Disease Carol J. Boushey,Ann M. Coulston,Cheryl L. Rock,Elaine Monsen,2001-08-22 As we enter the 21st century a new era of nutrition in the prevention and treatment of disease emerges Clinical nutrition involves the integration of diet genetics environment and behavior promoting health and well being throughout life Expertly edited Nutrition in the Prevention and Treatment of Disease provides overall perspective and current scientifically supported evidence through in depth reviews key citations discussions limitations and interpretations of research findings This comprehensive reference integrates basic principles and concepts across disciplines and areas of research and practice while detailing how to apply this knowledge in new creative ways Nutrition in the Prevention and Treatment of Disease is an essential part of the tool chest for clinical nutritionists physicians nurse practitioners and dieticians in this new era of practice This book prepares the clinical nutrition investigator or practitioner for a life long commitment to learning CONTAINS INFORMATION ON Diet assessment methodologies Strategies for diet modification Clinical status of herbals botanicals and modified food products Preventing common diseases such as cardiovascular disease diabetes osteoporosis and breast cancer through nutrition The Importance of genetic factors Understanding of cultural and socio economic influences on eating and exercise behaviors and integrating that knowledge with biological or functional markers of disease

Handbook of Nutrition and Diet in Palliative Care, Second Edition Victor R. Preedy,2019-07-01 Handbook of Nutrition and Diet in Palliative Care Second Edition is a

comprehensive guide providing exhaustive information on nutrition and diet in terminal and palliative care It covers physical cultural and ethical aspects bridging the intellectual divide in being suitable for novices and experts alike Following in the tradition of its predecessor chapters contain practical methods techniques and guidelines along with a section on applications to other areas of palliative care Each chapter features key facts highlighting important areas summary points and ethical issues FEATURES Use of cannabinoids in palliative nutrition care Pain control in palliative care Communications in palliative end of life care aspects of bad news Anorexia in cancer appetite physiology and beyond Palliative care in severe and enduring eating disorders Linking food supplementation and palliative care in HIV Eating related distress in terminally ill cancer patients and their family members Palliative care of gastroparesis Preoperative nutrition assessment and optimization in the cancer patient Childhood leukemia malnutrition and mortality as components of palliative care End of life decisions in persons with neurodevelopmental disorders Resources listing web sites journals books and organizations

Cancer Symptom Management Connie Henke Yarbro, Barbara Holmes Gobel, Debra Wujcik, 2013-05-16 **Culture And Cancer Care** Dein, Simon, 2005-11-01 This text examines a number of cultural themes in relation to cancer including rates of incidence among ethnic groups cultural variability in cancer treatments and the influence on prognosis complimentary and alternative treatments and palliative care across cultures *Public Health Issues: Theory and Practices* Shalie Malik, Varun Chhachhar, Manoj Kumar Mishra, 2025-09-15 The book is enriched with numerous examples addressing diverse issues ranging from the control of infectious diseases especially vaccine preventable diseases to nutritional aspects such as the prevention of iron deficiency anemia It also discusses efforts to improve maternal and fetal outcomes and examines diseases and misalignment in rhythms resulting from lifestyle and behavioral changes in modern times Additionally it highlights the emerging challenges in public health including the control and eradication of newer diseases and the implications of increased life expectancy leading to a more significant burden of disability adjusted life years The book focuses on overcoming these challenges through a synergistic approach that combines traditional practices with modern science and technology This in turn aims to reduce risks through evidence based interventions This book covers the evolution of public health from the era of infectious diseases to the contemporary challenges of chronic diseases It explores the rise and fall of non communicable diseases NCDs in developed countries It delves into developing nations dual challenges in combating infectious diseases CDs and NCDs This book examines the intersection of public health and health practices highlighting how legal frameworks shape policies and outcomes while underscoring the role of legal principles in tackling health challenges and advancing health equity

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