



EATING WELL AFTER CANCER

ADELE HUG, RD

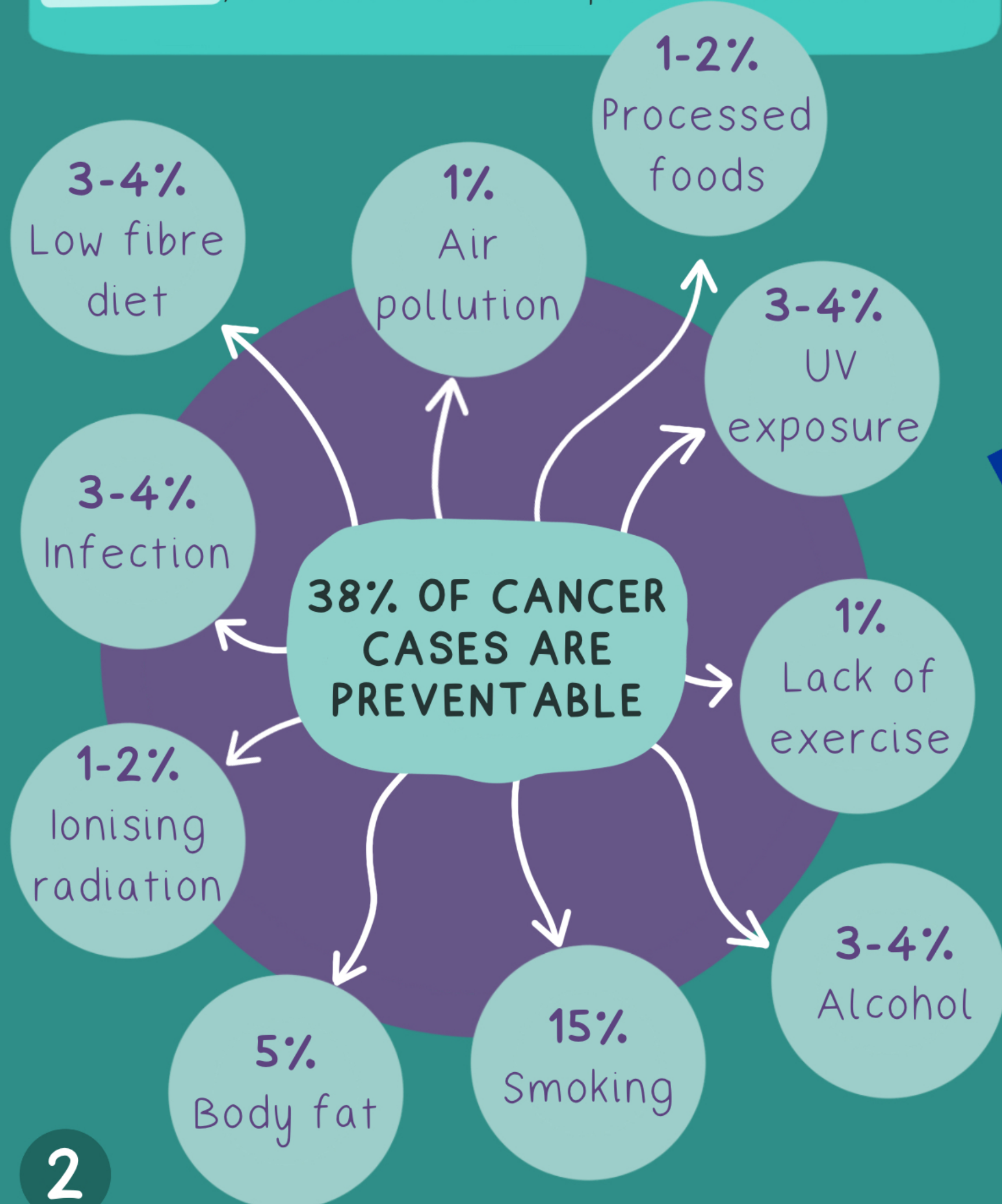
Webinar key messages
summarised for you.



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CANCER SURVIVAL & PREVENTION

Progress in cancer survival can generally be attributed to faster diagnosis and advances in treatment, but there is still improvement to be made.



50%



UK survival rates - Cancer Research UK, 2021

Survival rates have doubled in the last 40 years

Survival rate is lower in the UK compared to European average

SURVIVAL RATES VARY HUGELY BETWEEN CANCER TYPES:

Melanoma, prostate and breast cancers have the highest survival rates

Lung, pancreatic and oesophageal cancers have the lowest survival rates

THERE IS LIMITED EVIDENCE ON DIET AFTER CANCER



A meta-analysis from 2014 & 2018 on breast cancer survivors is one of the only pieces of evidence available on the role of diet after cancer to date.

World Cancer Research Fund (WCRF) have the biggest body of evidence on nutrition after cancer, however much more work is needed!



WCRF ARE EXPANDING ON THIS WORK AND WILL BE LOOKING AT:

- ✓ Updating the evidence on nutrition and survival after breast cancer
- ✓ Reviewing the evidence on nutrition and survival after colorectal and prostate cancer



EVIDENCE ON THE ROLE OF DIET, NUTRITION & PHYSICAL ACTIVITY ON BREAST CANCER SURVIVAL 12+ MONTHS AFTER DIAGNOSIS

	DECREASES RISK	INCREASES RISK
LIMITED - SUGGESTIVE EVIDENCE	Physical activity Fibre Soya	Body fatness
LIMITED - INCONCLUSIVE EVIDENCE	Fruits, vegetables, fibre, folate, soya, carbohydrates, glycaemic index, glycaemic load, protein, total fat, saturated fat, alcohol, physical activity, body fatness, underweight, height, energy intake.	
CONVINCING EVIDENCE	✗	✗

NUTRITIONAL CONSEQUENCES OF CANCER TREATMENT

TASTE CHANGES



Very common due to treatments and the cancer itself.

Treatments are limited, but nutrition strategies include:

- ✓ Exploring new likes & dislikes
- ✓ Add more or less flavour to food
- ✓ Trial bamboo or non-metallic recyclable cutlery (metallic taste)

DIARRHOEA

Diarrhoea is a common symptom of cancer treatment, and it can limit a patient's ability to eat well.

Some nutrition strategies:

- ✓ Lower or adapted fibre diets
- ✓ Low-lactose trial
- ✓ Limit trigger foods



CARDIOVASCULAR DISEASE

Certain cancer treatments can increase the risk of cardiovascular disease by damaging the heart muscle, e.g. radiotherapy to the left breast, or raising cholesterol levels e.g. Hormone therapy.

It is important to support patients to follow heart healthy diets to help mitigate some risk.

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SECONDARY CONSEQUENCES OF CANCER TREATMENT ARE COMMON

PHYSICAL

- Cardiovascular Disease
- Osteoporosis
- Endocrine dysfunction
- Neuropathy
- Stoma
- Long-term feeding tube
- Malnutrition or Sarcopenia

MENTAL

- Isolation
- Fear of recurrence
- Guilt or shame
- Body image issues
- Mental health problems

SIDE EFFECTS OF CANCER TREATMENT CAN IMPACT A PATIENT'S ABILITY TO EAT

Surgery

Radio therapy

TYPES OF CANCER TREATMENT

Stem cell therapy

Chemo therapy

Targeted therapy

Immuno therapy

Hormone therapy



EATING WELL AFTER CANCER

A HEALTHY DIET AFTER CANCER IS BASED ON CANCER PREVENTION ADVICE

After cancer treatment, the recommendations to reduce the risk of recurrence and other diseases are similar to cancer prevention recommendations for most patients.

Some recommendations will not be appropriate for every patient, so an individual approach is needed.

This doesn't work for everyone! Especially those suffering with gastrointestinal issues after treatment.



CULTURAL DIETS

We need to respect and support different cultural diets to ensure dietary advice after cancer is appropriate for each patient.

Check out the British Heart Foundation and Oldways websites for free resources on different traditional diets.

CARBS

Shift to complex carbs
Reduce sugar
Eat more plants
More fibre

RED MEAT

Avoid processed meat
Reduce red meat (<70/d)
Reduce saturated fats
Increase MUFAs

THERE IS NO SAFE LIMIT OF ALCOHOL FOR CANCER.

NICE recommend <5 units/week for breast cancer

Ditch the habitual drinking and save it for celebrations!

INCREASE CONSUMPTION OF:

- ✓ Fruit & veg
- ✓ Wholegrains
- ✓ Pulses, lentils, beans
- ✓ Nuts & seeds

Most evidence on red & processed meat is on colorectal cancer, but there is some evidence that reducing saturated fat may reduce breast cancer risk and recurrence.