

Maximizing your nutrition is an important part of your cancer care before, during and after treatment.



NUTRITION SERVICES

AT ROSWELL PARK COMPREHENSIVE CANCER CENTER



RoswellPark.org

NUTRITION SERVICES

Proper nutrition is a key part of your cancer care. The dietitians at Roswell Park are part of your healthcare team and can help you make the best food choices to optimize your health. Our dietitians are uniquely experienced in working with cancer patients to improve their nutrition before, during and after cancer treatment. Our team can help you maximize your nutrition in order to:

Meet your vital nutrient needs,

especially calories and protein to keep up your strength and energy, and prevent loss of muscle mass.

Improve your tolerance

of your cancer treatment to avoid gaps in your plan of care.

Promote healing after treatment

to assist your recovery and reduce your risk for infection.



Why it's important

Surgery, chemotherapy and radiation therapy can have a dramatic effect on your ability to maintain proper nutrition. Side effects such as loss of appetite, fatigue, depression, constipation, nausea and mouth sores can limit the types of foods you're able to eat. In addition you may experience:

- **Difficulty digesting some foods**
- **Changes in taste that make food unappealing**
- **Chewing and swallowing problems**

How we can help

You may request a consultation with a dietitian at any time. (Just ask your Roswell Park doctor or nurse practitioner for the referral.) Our team can provide:



Assessment of your personal nutrient needs throughout your cancer care. You will have different needs and goals before and during cancer treatment than you will after treatment.

Pre-treatment nutrition screening to assess your ability to undergo upcoming treatment such as surgery or transplant safely.

Oral liquid nutrition supplement recommendations such as Ensure, if needed.

Healthy eating plans customized for your needs and goals, including any special diets prescribed by your medical team.

Guidance with food choices to continue healthy eating throughout your cancer treatment.

Strategies to minimize symptoms of nausea, constipation, taste changes and difficulty with chewing or swallowing.

Tips to promote fluid intake and avoid dehydration.

Education to help you distinguish credible nutrition information from advertising hype regarding fad diets, supplements and herbals.

A path forward so you can make healthier lifestyle choices, achieve and maintain a healthy weight, and aim for a higher level of wellness.

Weight loss = warning sign



A nutrition consultation is especially important for patients who lose weight without trying. Unintended weight loss can be a sign that you're not meeting your nutrition goals, which can affect your treatment. Poor nutrition status may lead to a delay or reduced tolerance of cancer treatments.

Talk to your Roswell Park care team
about a consultation with Nutrition Services.
1-800-ROSWELL (1-800-767-9355)



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