



Nutrition in the Patient with Lung Cancer Overview

[Lorren] Hello, thank you so much for joining us for the Caring Ambassadors Program video series, Learn from the Experts. Our main goal is to empower and educate patients and communities to be advocates for their health and to improve their lives.

Today's video is dedicated to living with lung cancer and it highlights one chapter from our book, Lung Cancer Choices. This video series is broken down into short segments, so it's easy to watch and navigate. You can watch the videos in any order, so feel free to choose what interests you the most.

I'm Lorren Sandt, the Executive Director at Caring Ambassadors Program, and I'm joined today by Cindy Langhorne-Hatfield, our Lung Cancer Program Director, and a panel of people living with lung cancer.

We're excited to welcome Rhone Levin, a Clinical Oncology Dietitian at the Florida Cancer Specialists & Research Institute in Fort Myers, FL, as our featured author in this video.

Rhone will be discussing her chapter, Nutrition in the Patient with Lung Cancer. Proper nutrition is extremely important in cancer treatment and survivorship. It provides the body with the necessary building blocks to heal and recover from cancer therapy. Good nutrition during cancer treatment has many benefits, such as an improved quality of life, decreased discomfort from side effects, reduced frequency of complications and treatment breaks, and an overall better quality of life.

We hope that this video will provide helpful insights and information for patients and caregivers dealing with lung cancer. If you're interested in learning more about the Caring Ambassadors Program and our mission to help patients with lung cancer, please watch the video series. Please share this information with anyone who might find it useful. Together, we can make a difference in the lives of those affected by lung cancer.

Welcome Rhone.

[Rhone] Hello to all and thank you so much for having me today. My name is Rhone Levin, I'm a registered dietitian nutritionist and I'm board certified in oncology nutrition. Today I'm going to discuss my chapter in the lung cancer choices book. We're going to talk about nutrition in the patient who is undergoing treatment colon cancer as well as survivorship. Nutrition is fundamental to everyday living and an integral part of the healing process. The cancer itself and the cancer treatment can cause changes in appetite and digestion and create roadblocks which interfere with nutritional intake. What does nutrition do? Good nutritional status during cancer therapy helps people to heal quickly and shorten the time period of recovery after their treatments, and within their treatments it helps people to tolerate the prescribed treatments better which helps you to avoid dose reductions and treatment delays. It also helps to avoid complications such as infections after surgeries. Most importantly is it helps to protect your quality of life which allows you to focus on your day-to-day living and not just your treatment and your recovery. And that may mean a lot of things but in particular when we're thinking about the nutrition it helps you to maintain functional strength and energy. Today we're going to discuss how nutrition is the foundation of the healing process and why it's important to address the barriers that can interfere with your ability to eat well. First of all, we're going to talk about some of the most common side effects that can impact eating and nutrition as well as suggesting methods of navigating through them and around these side effects. We're also going to be reviewing frequently asked questions that people have regarding nutrition. We're going to talk about what does it mean to eat well after cancer treatment has concluded, and lastly, I'm going to be sharing some great evidence-based resources that I like to recommend to people.

Treatment time periods can be lengthy and may include surgery, chemotherapy, radiation, and immunotherapy and each of these treatment methods requires effort on the part of your body to heal. One of the things I like to point out to

people is that the healing process we think of the healing process if you have your appendix out or we think of the healing process if you to have a pneumonia or something like that where you have a start of a of a healing time period and then you have an end to the healing time period. And when we're talking about oncology treatment it's a little bit different because it can be so lengthy and before you are done healing from surgery you are starting your chemotherapy, before you are done healing from your chemotherapy you are working on radiation, as well so it just becomes such a lengthy time period it can become a real burden for people. And each of these treatment regimens can affect appetite an ability to eat adequately. One of the things I like to tell people who are starting in treatment is I encourage people to keep track on a calendar, or on a journal, of any side effect that comes up. And you want to note the timing within the treatment, you want to know how long it lasts, you want to note the intensity of it, as well as what measures are helping to address it, as well as what foods are tolerated during that particular time period, and you use this information to prepare for the next treatment cycle. So you may find that the treatment cycle the symptoms or the side effects will repeat themselves in the same pattern but you're also going to share this information back with your medical team. I tell people to actually create like almost a little checklist that they're going to review each time they go into the clinic because it's so easy to kind of forget, you get overwhelmed, or you know you're talking about big issues. But it's really important to bring these nutrition side effects up with your medical team each time you're in. There's good communication, we call that closed-loop communication, really helps the medical team to very quickly and effectively manage a discomfort, and reduce discomfort, and that protects your quality of life.

I wanted to talk to us very briefly about changes in weight. So one of our goals for people going through treatment is we will we like them to maintain their weight and sometimes people will kind of argue with that and say, "Oh, you know I have been intending to lose 20 pounds, or my doctor told me to lose 20 pounds" and so for some people their very first thought is that they're actually kind of happy that this is occurring, but in fact oncology weight loss is different or the weight loss during the oncology treatment is very different in that it may not resolve on its own, it can become a competing stressor for the body. So in other words your body is trying to do too many things at once healing and weight loss at the same time can potentially reduce your immune system and potentially then interfere with your ability to tolerate your treatments. So our goal for weight is to maintain

a stable weight during treatment, and that's one of the reasons that your doctor will measure, or take your weight, each time you go into the clinic, is because they're very carefully monitoring that.

In terms of nutritional needs, treatment for cancer engages the healing process and optimal nutrition for healing means that you need more energy, you need more calories, you need more protein, as well as an adequate level of hydration and electrolytes, as well as vitamins and minerals. The potential problem for many people is that during this time period of increased demand for nutritional needs this is also where we have barriers or the roadblocks from the cancer, or from the treatment itself that may reduce people's ability to be as they normally would.

[Lorren] Thank you, Rhone, for that great introduction to nutrition and the patient with lung cancer. We're going to take a quick break here and our next video is going to be Rhone addressing the side effects of therapy, stay tuned.