

**CO-MANAGING THE THRIVING ONCOLOGY PATIENT**

July 24, 2019, 2-3 PM EDT

PRESENTED BY  
Shayna Komar, RD, LD and Chef Nancy Waldeck

Learning Library  
TODAY'S DIETITIAN

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### Learning Objectives

- 1** Obtain a working knowledge of how to collaborate interdepartmentally when seeing an oncology patient.
- 2** List the basic cancer treatment-related side effects and how they impact the overall nutrition plan.
- 3** Incorporate ideas and recipes into counseling a cancer survivor when they are dealing with other nutrition-related issues.

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### What Is It About Food That Brings Us Together?

- Choosing the right food for our bodies can create a ripple effect way beyond just one food choice!
- We experienced this at the Thomas F. Chapman Family Cancer Wellness Center and beyond.
- Over 13 years ago, a survey of cancer patients was taken in Atlanta, GA. The question? The results?
- The Chapman Family Cancer Wellness Center made the kitchen the heart of the facility, placing it as the first thing you see when you enter.

*Food as medicine:  
Where Atlanta cancer patients  
feed body and mind*  
by Ligaya Figueras

\*Food as medicine: Where Atlanta cancer patients feed body and mind." Ligaya Figueras, The Atlanta Journal-Constitution, June 27, 2018.  
<https://www.ajc.com/entertainment/learning/food-medicine-where-atlanta-cancer-patients-feed-body-and-mind/DCT6AV1AaL5PwM0RgN/>

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### Co-managing ALL of the Patient's Needs

**"DR. DEAN ORNISH:**

Many, many studies have shown that people who feel lonely, depressed and isolated are much more likely to get sick and die prematurely than those who have a sense of love and connection to community and faith.

People tend to think that spending time with friends, family or the congregation is a luxury, the thing you do *after* spending time on the important stuff," he added. "Well, studies teach us that this *is* the important stuff. If you understand that, you set your priorities differently."

Source: The Jewish News of Northern California. <https://www.jweekly.com/2001/01/12/dean-ornish-says-faith-can-boost-health/>. Published January 12, 2001. Accessed July 2019.

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### Co-managing ALL of the Patient's Needs



**A study was conducted**  
by psychiatrist Dr. Thomas Oxman at Dartmouth Medical School focused on patients about to undergo open-heart surgery. Prior to the operation, the patients were asked if they drew strength from a religious faith and/or their community on a regular basis.



**The results?**  
Six months later, those who answered 'no' to both questions had a mortality rate seven times higher than those who said 'yes.'



**The take home message?**  
As a health professional engaging in medical nutrition therapy - especially nutrition counseling for a cancer survivor - you **MUST** collaborate with other professionals in order to best help your client.

Source: The Jewish News of Northern California. <https://www.jweekly.com/2001/01/12/dean-ornish-says-faith-can-boost-health/>. Published January 12, 2001. Accessed July 2019.

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#### LEARNING OBJECTIVE 1



**Obtain a working knowledge of how to collaborate interdepartmentally when seeing an oncology patient.**

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## Research Supports Interdisciplinary Collaboration

### DISCIPLINE

**Chefs** bring a different angle to the conversation with a client while reinforcing the message of collaboration.

**Physical and occupational therapists, and personal trainers** bring specialized expertise to the surviving cancer patient.

**Doctors** who practice healthy habits themselves are the strongest predictors of patient lifestyle changes.

A **Chef/RD** combination with hands-on cooking classes show significant improvement in quality of life.

### SUPPORTING RESEARCH

"Chefs and Dietitians Unite for Healthy, Flavorful Cuisine." *Today's Dietitian Magazine*, February, 2010.

"Updated Evidence in Support of Diet and Exercise Interventions in Cancer Survivors." *Acta Oncologica*, 2011.

"Physicians' Health Practices Strongly Influence Patients' Health Practices." *Journal of the Royal College of Physicians of Edinburgh*, 2009.

"Integrative and Functional Nutrition." *Journal of the Academy of Nutrition and Dietetics*, December, 2018.

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## Collaboration Is Necessary

The number of cancer survivors in the United States is expected to grow to nearly 19 million by 2024.

**Primary Goal:** to meet the needs of patients with valid, medical-based information to prevent recurrence, optimize health, enhance quality of life, and manage post-treatment symptoms.




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## Collaboration Ideas and Resources

### Medical/Healthcare Professionals

- Mind-body medicine, including yoga
- Acupuncture
- Physical and massage therapies
- Nutritionists/Dietitians/Chefs
- Exercise specialists
- Meditation instructors
- Support groups
- Cooking, art, dance, and music classes
- Journaling
- Physicians specializing in both oncology and complementary medicine
- Social Workers
- Psychologists
- Chaplains

### Resources

- American Cancer Society Survivorship Care Guidelines
- National Center for Complementary and Integrative Health *(see info for health care provider section)*
- Competence Network Complementary Medicine in Oncology
- Kliniken Essen-Mitte, a hospital in Essen, Germany printable survivorship guide
- Thomas F. Chapman Cancer Wellness Center, Atlanta, GA online classes for survivors

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### Studies and Practical Ways on How To Collaborate

- **Acupuncture As an Integrative Approach for the Treatment of Hot Flashes in Women With Breast Cancer**, A Prospective Multicenter Randomized Controlled Trial (AcCliMaT): this trial looked at acupuncture plus nutrition changes for hot flashes for breast cancer survivors
- **Blended learning training workshops** for physicians introduce doctors to E-learning and skills training workshops focusing on nutrition topics
- **Growing Hope** is a multifaceted, garden-based intervention
- **The PINK Program** at Thomas F. Chapman Cancer Wellness Center includes exercise, nutrition, and support for woman who are undergoing or have completed breast cancer treatment.

*"I'm a great RD. You are a great you. But we need to add another team member to this to get to your goals."*

— Jessica Setnick, MS, RD, CEDRD



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### LEARNING OBJECTIVE 2



*List basic cancer treatment-related side effects and how they impact the overall nutrition plan.*

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### Treatment-Related Side Effects

- Loss of appetite
- Sore mouth or throat (oral mucositis)
- Dry mouth (xerostomia)
- Dental and gum problems
- Changes in taste or smell (food aversions)
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Fatigue
- Depression



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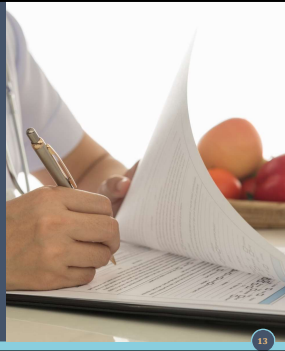
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### How Side Effects Impact the Nutrition Plan

- Decrease energy
- Decrease lean body mass
- Disrupt restorative sleep
- Decrease immune system function
- Increase/decrease healthy weight
- Affect a healthy heart
- Negatively impact healthy bones
- Slow wound healing
- Increase hospital admissions



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### Finding Flavor (and Satisfaction!) in Food

#### Substitute for Salt, Acidity or Brightness

- Lemon or Lime for Acidity – juice and/or zest
- Vinegars like balsamic, sherry, apple cider or flavored vinegar

#### Substitute for Sugar

- Orange for sweetness – juice and/or zest
- Spices like cinnamon, allspice, cardamom, or cloves
- Berries
- Dried fruit like dates, prunes, figs or raisins

#### Substitute for Fat

- Avocados
- White beans, applesauce, and brown rice for baking



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### Tomato Sauce with Oregano

- 2 tbsp olive oil
- 1 medium red onion, sliced
- 1 cup dry red wine (Chianti or Pinot Noir)
- 2, 15 oz cans fire roasted tomatoes
- 1 tbsp dried oregano
- Sea salt and black pepper, to taste
- Chopped fresh oregano for garnish
- Grated parmesan for garnish (optional)

**Step One:** Heat the oil in a sauté pan and cook the onion over medium heat until soft. Add the wine and simmer for five minutes.

**Step Two:** Add the tomatoes, oregano and a sprinkle of salt and pepper, cook over medium heat for 30 - 45 minutes, or until the sauce thickens. Garnish with oregano and parmesan if desired.



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<https://www.youtube.com/watch?v=Bs-9jbs4E>

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### Why Encourage Cancer Survivors to Eat Well?

1. Improve alertness and energy
2. Improve lean body mass
3. Improve restorative sleep
4. Boost the immune system
5. Maintain a healthy weight
6. Healthy heart
7. Strong bones
8. Wounds heal faster
9. Keeps hospital admissions to a minimum



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### Creamy Avocado and Cucumber Soup with Dill

- 2 avocados, peeled and pitted
- 1 English cucumber, peeled and chopped
- Zest and juice of 1 small lemon
- 2 tbsp chopped green onion, green parts only
- 2 tbsp chopped jalapeño, ribs and seeds removed
- 1 cup plain nonfat Greek yogurt
- ½ tsp sea salt
- ½ Tsp freshly ground black pepper
- ¼ Tsp cayenne pepper
- ¼ cup coarsely chopped dill
- Chopped dill for garnish
- 1 cup cold water

*Add all the ingredients to a blender and puree. Garnish with chopped dill. Enjoy!*



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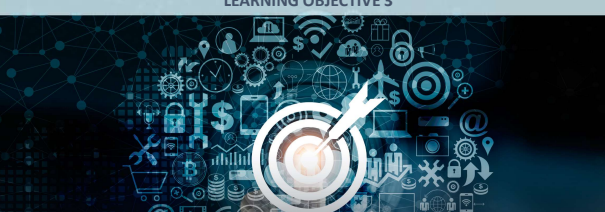
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LEARNING OBJECTIVE 3



*Incorporate ideas and recipes into counseling a cancer survivor when they are dealing with other nutrition-related issues.*

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### It's Not Just About Exercise

Don't forget about other roadblocks cancer survivors face:

- Severe anemia
- Irradiated skin
- Compromised immune function
- Catheters
- Feeding tubes
- Fatigue
- Comorbidities
- Peripheral neuropathy
- Balance issues



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### Remember: When Counseling the Cancer Survivor...

- The diagnosis is stressful!
- Clients can react to stress in two ways: overeat or under eat
- Reduce the stress response by keeping blood sugars balanced
- Educate your clients on creating balanced meals and healthy lifestyles



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### Foods That Help Repair Your Body

- Vitamin C-rich foods, including oranges, berries, and peppers
- Magnesium-rich foods, including whole grains and sunflower seeds
- Foods with Omega 3 Fatty Acids, including walnuts, flaxseed, sardines, and anchovies



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### Additional Guidance for Your Client

- Emphasize a healthy *lifestyle*, including finding exercises they like and how to stay properly hydrated
- Encourage a Mediterranean-style or plant-based diet
- Share new recipes with clients frequently
- Educate clients on anti-inflammatory and fiber-rich foods
- Check out the Environmental Working Group's website at [ewg.org](http://ewg.org) for ideas, research, and resources




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### Two Key Questions

*When seeing a client for medical nutrition therapy after cancer treatment, be sure to ask them:*

1. **Are you experiencing** any long-term, nutrition-related side effects from your treatment?
2. **What does your "new normal"** food plan look like currently?




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### Strawberry Mint Salad Dressing

- 8 ounces strawberries, stems removed
- 1 small shallot, peeled
- 6 mint leaves
- 2 tbsp lemon juice
- 2 tbsp orange juice
- 1 tsp orange zest
- ¼ cup extra virgin olive oil
- Sea salt and freshly-cracked black pepper, to taste

*Place all the ingredients in a blender and puree. Season to taste with salt and pepper. Serve over fruit salad or baby lettuces with a sprinkling of goat cheese if desired.*

<https://www.piedmont.org/living-better/strawberry-mint-salad-dressing-1>




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## Help Serve the Cancer Community, NOW!



- 1. Create handouts that include:**
  - foods survivors should eat (or avoid)
  - easy recipes highlighting (or eliminating) certain foods
  - links and videos explaining simple kitchen/cooking tasks
  - shopping lists and meal planning guides highlighting pantry staples
  - helpful trackers so patients can chart healthy food intake
- 2. Partner with local culinary instructors on classes that highlight important foods for cancer survivors.**
- 3. Ask about habits: what 10 foods do you buy consistently? Work to change habits over time. Offer suggestions for gradual, healthy change.**

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## Questions?

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## Credit Claiming

*You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for 1 year; you do not have to complete it today.*

**CREDIT CLAIMING INSTRUCTIONS:**

- 1. Go to [www.CE.TodaysDietitian.com/oncology](http://www.CE.TodaysDietitian.com/oncology) OR Log in to [www.CE.TodaysDietitian.com](http://www.CE.TodaysDietitian.com) and go to "My Courses" and click on the webinar title.**
- 2. Click "Take Course" on the webinar description page.**
- 3. Select "Start/Resume" Course to complete and submit the evaluation.**
- 4. Download and print your certificate.**

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