

CO-MANAGING THE THRIVING ONCOLOGY PATIENT

July 24, 2019, 2-3 PM EDT

PRESENTED BY
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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.



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/being/food-medicine-where-atlanta-cancer-patients-feed-body-and-mind/DCT6AV1AaL5pWk0RgN/>

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.

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.

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.



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

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



LEARNING OBJECTIVE 2



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

Treatment-Related Side Effects

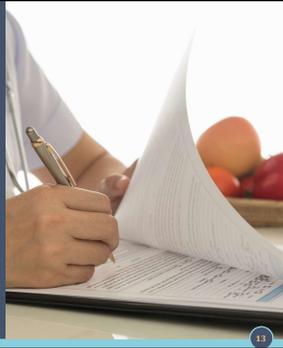
- Loss of appetite
- Sore mouth or throat (oral mucositis)
- Dry mouth (xerostomia)
- Dental and gum problems
- Changes in taste or smell (food aversions)
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Fatigue
- Depression



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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>

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

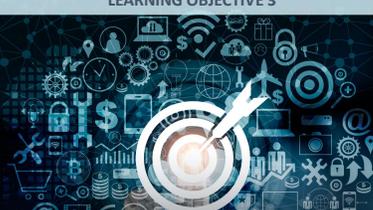
- 2 avocados, peeled and pitted
- 1 English cucumber, peeled and chopped
- Zest and juice of 1 small lemon
- 2 tbsp chopped green onion, green parts only
- 2 tbsp chopped jalapeño, ribs and seeds removed
- 1 cup plain nonfat Greek yogurt
- ½ tsp sea salt
- ½ Tsp freshly ground black pepper
- ¼ Tsp cayenne 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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LEARNING OBJECTIVE 3



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

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 for ideas, research, and resources



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?



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>



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.**

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 OR Log in to 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.**
