

Start Strong to Stay Strong™

Throughout Your Cancer Treatment

Your Name _____

Date _____

After a diagnosis of cancer, it can be difficult to get the nutrition you need, especially if you don't feel well. Good nutrition is important as weight loss can lead to disruptions in your treatment. Maintaining proper nutrition will help you¹⁻⁵:

- Keep up your strength and energy
- Improve quality of life
- Tolerate your treatment
- Increase performance/functional status
- Maintain or gain weight

Please answer the following questions to determine if you are at risk for malnutrition.

Over the past 6 months, have you experienced:	YES	NO
Significant weight loss without trying		
A noticeable change of your eating habits, such as:		
• Eating less overall		
• Eating a diet that primarily consists of softer foods		
• Being unable to eat		
Nausea		
Vomiting		
Diarrhea		
Loss of appetite		
Difficulty chewing		
Difficulty swallowing		
People expressing concern about your weight loss		
Less involvement in normal daily activities, such as housework, preparing meals, spending time with friends or family, etc		

Adapted from: the Subjective Global Assessment (SGA) of Nutritional Status.

If you answered “yes” to at least one question, you may be at risk for malnutrition. Speak with your health care provider to find out which nutrition plan is right for you.

References: 1. Isernig EA, Capra S, Bauer JD. Nutrition intervention is beneficial in oncology outpatients receiving radiotherapy to the gastrointestinal or head and neck area. *Br J Cancer*. 2004;91:447-452. 2. Nayel H, El-Ghoneimy E, El-Haddad S. Impact of nutritional supplementation on treatment delay and morbidity in patients with head and neck tumors treated with irradiation. *Nutrition*. 1992;8(1):13-18. 3. Marin Caro MM, Laviano A, Pichard C. Nutritional intervention and quality of life in adult oncology patients. *Clin Nutr*. 2007;26:289-301. 4. Odelli C, Burgess D, Bateman L et al. Nutrition support improves patient outcomes, treatment tolerance and admission characteristics in oesophageal cancer. *Clin Oncol*. 2005; 17: 639-645. 5. Bauer JD, Capra S. Nutrition intervention improves outcomes in patients with cancer cachexia receiving chemotherapy—a pilot study. *Support Care Cancer*. 2005;13:270-274.

Start Strong to Stay Strong™

with Abbott Nutrition

Use nutrition to help maintain your weight and keep your muscles strong

1

Eat 5-6 meals throughout the day, even though you may not feel hungry

- Have food ready at all times
- Prepare and freeze extra servings for easy meals
- Carry high-calorie snacks, such as dried fruits, nuts, or an oral nutritional supplement

2

Make every bite count

- Eat nutrient-dense foods that are high in calories, protein, vitamins, and minerals
- Add non-fat dry milk powder to casseroles, mashed potatoes, soups, and hot cereals
- Be aware that what you drink can have empty calories. For example, instead of drinking soda, reach for fruit juices, milk shakes, milk, or an oral nutritional supplement

3

Incorporate oral nutrition supplements into your daily diet

- Nutrient-rich drinks with protein, calories, vitamins, and minerals will help you stay strong during your treatment
- Drink 2 servings of oral nutritional supplements, such as Ensure® Clinical Strength, each day between meals or when taking medications*



Your Nutrition Prescription

Ensure® Clinical Strength*



Helps maintain and rebuild muscle when you need it most



Coming Soon!

Ensure® Clear™



When you need or want a refreshing, clear liquid, fruit-flavored drink



Glucerna®



For patients with diabetes to help minimize blood sugar spikes



Juven®†



Targeted nutrition to help build lean body mass which supports healing



INSTRUCTIONS:

Use under medical supervision.

Drink _____ daily between meals or when taking medicine.‡

Abbott Nutrition makes it easy to get the nutrition you need



Look for **Ensure** and **Glucerna** at major retailers. **Juven** is available at Walgreens and Rite Aid®.



Find these products online at Abbottstore/nutrition4cancer.com.



Order these products by calling **1-800-258-7677**.



Visit Ensure.com, Glucerna.com and Juven.com/recipes for recipes and sample meal plans.

* Ensure Clinical Strength 2x/day has 3 g of Revigor® (CaHMB). Juven 2x/day has 3 g of Revigor. Do not exceed 4 total servings per day of Ensure Clinical Strength and Juven.

† Use as a part of a complete, balanced diet.

‡ Check with your doctor before taking any oral nutritional supplements with medication.