

# Ensure your nutrition foundation is strong.

Your Name \_\_\_\_\_

Date \_\_\_\_\_

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 before and during treatment can help<sup>1-5</sup>:



Maintain weight and improve strength



Support recovery



Feel better overall



Support your Immune System



Better tolerate treatments

Please answer the following questions to determine if you may be at nutritional risk. **If you answer “yes” to at least one question, you may be at risk.**

Over the past 2 weeks, have you experienced:	YES	NO
Weight loss without trying		
A noticeable change of your eating habits, such as:		
• Eating less than usual		
• Eating a diet that primarily consists of softer foods		
• Eating very little solid food		
Over the past month, have you experienced:	YES	NO
Nausea		
Vomiting		
Diarrhea		
Loss of appetite		
Difficulty chewing		
Less involvement in normal daily activities, such as housework, preparing meals, spending time with friends or family, etc		

Adapted from the Patient-Generated Subjective Global Assessment (PG-SGA) tool<sup>6</sup>

**Speak with your health care provider to find out if a nutrition plan is right for you.**

**References:** 1. Isenring 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. 6. Bauer J et al. Use of the scored Patient-Generated Subjective Global Assessment (PG-SGA) as a nutrition assessment tool in patients with cancer. *Eur J Clin Nutr*. 2002;56:779-85.

