



ANHI
ABBOTT NUTRITION
HEALTH INSTITUTE



GOOD NUTRITION CAN HAVE A POSITIVE
EFFECT ON YOUR CANCER JOURNEY

WHAT IS
CANCER?

...the body's cells. It



ANHI SPECIAL REPORT: ONCOLOGY & NUTRITION

FOR PATIENTS: ONCOLOGY & NUTRITION INFOGRAPHIC

For patients who are newly diagnosed with cancer, it's sometimes hard to understand a diagnosis and what's lies ahead with their therapies. We've created four new infographics you can download, print and share with your patients to help them stay informed and feel supported throughout their cancer journey.

This infographic series will help your patients:

- Understand what cancer is
- Identify if they are at risk for malnutrition before treatment
- Understand the importance of good nutrition
- Learn about nutritional strategies for managing side effects during treatment
- Hear positive ways to focus on good nutrition before and during treatment

[DOWNLOAD INFOGRAPHIC](#)

ONCOLOGY & NUTRITION PODCAST SERIES

In November 2020, ANHI hosted a roundtable of experts to discuss oncology and nutrition. The discussion was so insightful, we reconvened in January 2021 to interview several of the roundtable experts for this podcast series.

[EXERCISE AND ONCOLOGY PATIENTS](#) - In this 21-minute podcast episode, Anthony Sung, MD, talks about the benefits of exercise during cancer treatment; reviews the latest evidence on exercise regimens for people with cancer; and explains the role exercise and nutrition can play to help improve outcomes.

[MULTIMODAL INTERVENTIONS IN PATIENTS WITH CANCER WITH AND WITHOUT CACHEXIA](#) - In this 21-minute episode, Martin Chasen, MBChB FCP, MPhil, talks about multimodal intervention and why it's beneficial for patients with cancer; summarizes existing clinical practice guidelines that promote and use multimodal intervention; and describes the role patients can play in their multimodal therapy during cancer care.

[PREOPERATIVE AND PREHABILITATION NUTRITION FOR PATIENTS WITH CANCER](#) - In this 17-minute episode, Chelsia Gillis, PhD, RD, discusses surgical prehabilitation in oncology patients; reviews what's new in terms of concepts for evidence for prehabilitation, especially for frail Patients; and explains risk-stratified and targeted prehabilitation care.

[ONCOLOGY NUTRITION IN 2020](#) - In this 19-minute podcast, Jyoti Benjamin, MS, RD, CSO, CD, FAND, and Annette Quinn, MSN, RN, discuss the roles each member of the multidisciplinary team can play in offering nutrition care for the oncology patient, both in normal times and through the lens of Covid-19. This podcast is a supplemental recording for ANHI's 22 July 2020 webinar, "Oncology Nutrition: The Intersection of Evidence, Guidelines & Clinical Practice."

[LISTEN TO PODCAST SERIES](#)

ONCOLOGY & NUTRITION SHORT VIDEO SERIES

In this series, you'll hear from experts who attended ANHI's scientific roundtable entitled, "Evidence and Opportunities: Oncology Nutrition in 2020" on 14-15 October 2020.

The videos highlight these four topics:

- Nutrition Intervention: The Benefits of a Multimodal Approach
- The Prevalence & Impact of Malnutrition, Cachexia & Muscle Loss in Patients with Cancer
- The Multidisciplinary Team: Providing Optimal Nutrition Care for Patients with Cancer
- The Importance of Malnutrition Screening in Patients with Cancer

[WATCH VIDEOS](#)

NUTRITION & ONCOLOGY SELF-STUDY SERIES

In this two-part series, Jyoti Benjamin, MS, RD, CSO, CD, FAND, and Annette Quinn, MSN, RN, will describe how good nutrition can benefit oncology patients, and how multidisciplinary approaches in nutrition care can improve patient outcomes.

FREE Continuing Education: up to 2.0 RN CE; 2.0 RD CPEU

OPTIMAL NUTRITION CARE TO IMPROVE OUTCOMES FOR ONCOLOGY PATIENTS - In this course, you'll identify the prevalence and impact of poor nutrition in oncology patients; describe how good nutrition and side effect management benefits oncology patients; and discuss how early and regular nutrition intervention plays an integral role in improving patient outcomes.

OPTIMAL MULTIDISCIPLINARY APPROACHES IN THE NUTRITION CARE OF ONCOLOGY PATIENTS - In this course, Jyoti Benjamin, MS, RD, CSO, CD, FAND, and Annette Quinn, MSN, RN, will review the benefits of a multidisciplinary team approach and roles within the team to address nutrition needs for oncology patients; describe tools and collaborative strategies for the multidisciplinary team; and more.

[ENROLL IN THE SERIES](#)

NUTRITION IN ONCOLOGY: ESSENTIAL ASPECTS TO DELIVER OUTCOMES ACROSS THE CONTINUUM OF CARE

In this course, you'll establish the importance of muscle mass, especially for the oncology patient; explain how low muscle mass can lead to negative clinical outcomes; illustrate the role of nutrition during and after cancer therapies; and describe the concept of prehabilitation. Originally presented as a live webinar on 3 November 2020. Program was hosted by the United Kingdom.

[ENROLL](#)

IMPACT OF EARLY INCORPORATION OF NUTRITION INTERVENTIONS AS A COMPONENT OF CANCER THERAPY

This article, published in the open-access journal *Nutrients*, evaluated current trends in the literature and reported evidence around the timing and impact of specific nutrition interventions in oncology patients undergoing active cancer treatment. The identified studies examined the impacts of nutrition interventions (nutrition counseling, oral nutrition supplements, or combination of both) on a variety of cancer diagnoses.

[READ ARTICLE](#)

ONCOLOGY & NUTRITION KNOWLEDGE HUB

Looking for more oncology and nutrition resources? We've curated a collection of oncology and nutrition education to help you support your patients during their cancer journey.

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