

Survivorship Care at the Brown Cancer Center

We are all survivors from day one and beyond

Nutrition and Cancer Survivorship: Is there a special diet to follow?

The nutritional needs of cancer survivors vary based on their stage and where they are on their treatment continuum. Cancer treatments can impact a survivor's nutrition due to taste changes, reduced appetite, nausea and difficulty or the loss of the ability to chew and/or swallow.

The American Cancer Society published a 30-page summary that highlights the nutritional guidelines for each major cancer site. This document can be found online at <http://onlinelibrary.wiley.com/doi/10.3322/caac.21142/full>, but is summarized as follows:

- Eat a healthy diet with an emphasis on plant sources
- Choose foods and drinks that help achieve and maintain a healthy weight
- Eat five or more servings of a variety of vegetables and fruits each day
- Choose whole grains over processed grains
- Limit intake of processed and red meats
- Drink no more than one alcoholic beverage per day for women and two per day for men

ChooseMyPlate.gov is also a helpful resource to guide your nutritional choices. At the Brown Cancer Center, we have a registered dietitian to help you with all of your nutritional questions and needs. If you are interested, ask your doctor or nurse for a referral.

Fruits: Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables: Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



Oils: Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Milk: Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains: Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

Skin Cancer Safety Tips

Skin cancer is the most common type of cancer in the United States. It is estimated that nearly 9,500 people are diagnosed with some type of skin cancer every day in the US. Individuals with light skin are more likely to suffer from a sunburn and have sun damage, but a sunburn is not the only damage caused by UV rays. People with darker skin tones are also at risk for UV damage, so it is important for everyone to protect themselves. Some ways to prevent skin cancer are:

Seek shade. If possible, avoid the outdoors between the hours of 10 am and 4 pm when the sun's rays are their strongest. UV rays reach the ground all year round, even on cloudy days and when it's cool out. Be careful around water and snow because they increase the amount of UV rays that we are exposed to. Wear a hat, sunglasses and long sleeves if possible.

Wear sunscreen at least 30 SPF or higher. Make sure to read the label and buy broad spectrum (UVA and UVB protection). Check expiration dates and reapply at least every 2 hours or every hour if in the water.

Avoid tanning beds and sun lamps. Tanning bed use increases your risk of melanoma. If you want a tan, sunless tanning lotions are a much safer alternative.

Protect children from the sun. Children may burn easier than adults and do not understand the danger of the sun. Always apply sunscreen to children when outdoors. Babies younger than 6 months old should avoid the sun and be protected with clothing and hats.

Get to know Lori Woods from our Resource Center

Lori is our Administrative Coordinator for the M. Krista Lloyd Resource Center. She has worked here for five years; you may have noticed her smiling face on one of your visits. Lori focuses on treating each patient as a person and helping to "make them feel whole again." The resource center features services such as massage therapy, Reiki therapy, art therapy, Look Good Feel Better, hats, wigs, scarves, transportation services, breast care supplies such as bras, prosthetics, bed wedges and camisoles. All of these services are free to patients and caregivers. Lori says "I love my job" because we have "top notch doctors, nurses and employees here and they truly care about your well-being."

Stop by to see Lori and check out the M. Krista Lloyd Resource Center on one of your visits!

5 Questions with Bill, RN

1. How long have you worked at the Brown Cancer Center?
26 years!
2. What area do you work in?
Medical Oncology for the last 12 years, but previously, BMT, med-surg, and psychiatric nursing
3. What is your favorite thing about working here?
I have always had the best coworkers and we depend on each other to get through the day
4. What do you want our patients to know about the BCC?
We truly care about them and want them to be able to spend more time with their family
5. What is your favorite sports team to cheer on?
I am a hard core U of L fan. Go Cards!!!

If you are interested in a referral to our survivorship clinic at the Brown Cancer Center, talk with your doctor.