

LEARN from the EXPERTS



Nutrition in the Patient with Lung Cancer Helpful Resources

[Lorren] Hello, thank you so much for joining us for the Caring Ambassadors Program video series, Learn from the Experts. We are excited to welcome back Rhone Levin, a clinical oncology dietitian at the Florida Cancer Specialist and Research Institute in Fort Myers, Florida, as our featured author in this video, Nutrition in the Patient with Lung Cancer. In this session, Rhone will be discussing helpful resources for living with lung cancer and beyond.

I'm Lorren Sandt, the Executive Director of the Caring Ambassadors Program. I'm joined today by Cindy Langhorne-Hatfield, our Lung Cancer Program Director, and a panel of people living with lung cancer.

We hope this video will be helpful and provide insights and information for patients and caregivers dealing with lung cancer. If you're interested in learning more about the Caring Ambassadors Program and our mission to help patients with lung cancer, please watch the video series. Please share this information with anyone who might find it useful. Together, we can make a difference in those lives affected by lung cancer.

Welcome back, Rhone.

[Rhone] Hello to all and thank you so much for having me today. My name is Rhone Levin, and I'm a registered dietitian nutritionist and I'm board certified in oncology nutrition. After treatment, there are guidelines for patients to resume a healthy lifestyle, so I've highlighted here one of the organizations and their nutrition-related recommendations for survivorship. During treatment it's okay to

implement these strategies, as well, if you are eating adequately. The priority during treatment is to get in that nutrition, get in the calories, and get in the protein to support the healing process. The other strategies in the survivorship guidelines, we kind of push them to the wayside until you finish healing or complete that healing process.

One organization I would like to make you aware of is a great resource called the American Institute for Cancer Research and they are found at AICR.org. It's a philanthropic organization it's been around for several decades, and they've done the real research, I always like to point out the evidence-based research versus kind of what you might just find randomly on the internet.

When people are interested in doing you know healthy things and changing their lifestyle to trying to take care of themselves, I always want you to kind of first take a good look at the evidence-based guidelines because I find there's a lot to do there kind of before we move off and look at other strategies. The food-related recommendations for survivorship include eating a diet rich in whole grains, vegetables, fruits, and beans and although that's only one little square up there, this is a big deal. So, over the years we've done the research, back in the olden days when I was a young dietitian, we learned there were vitamins and minerals, we know there was a handful of them, and we memorized them, and now we know there's over 10 000 nutrients. So, there isn't a single pill or supplement that we can take that is going to give us the benefit that these foods actually provide for our body. People always say, well, how do I get all of that out of these nutrients? The answer to that is eating a good volume of two and a half cups of vegetables a day is kind of the goal a cup and a half of fruit a day and a wide variety of these different foods. So, kind of almost rotating through different fruits and vegetables.

The next recommendations that are included in terms of food include limiting the consumption of junk food, sugar sweetened drinks, red and processed meats, as well as alcohol. These are the things that we know have a negative impact on our health as well as our nutritional status. And then also an interesting recommendation is to not use nutritional supplements for cancer prevention. In other words they're not saying that some nutritional supplements don't have benefit, obviously if your Doctor is recommending calcium supplement or vitamin D supplement, that's very appropriate. But what they're saying is make sure that

you are really paying attention to the healthy diet that provides you with the real nutrients. And again, we're looking for these plant nutrients, the other terminology you might see is phytonutrients p-h-y-t-o, meaning plant, and many of these nutrients have anti-cancer activity. So in other words, the real benefit is found in the food and consuming a wide variety. Along that same topic during cancer treatment high dose nutritional supplements are often recommended to be paused and we'll talk more about that in the frequently asked questions. Another nice resource available through the American Institute for Cancer Research is the continuous update report. They put this out on all cancer types and it's available on their website for free. This work is updated every five years and what they do is they look at all the new data that came out in the last five years and they re-synthesize it with the old data to make sure their guidelines are accurate and offer the best up-to-date advice. This is a summary of what is indicated as decreasing risk for lung cancer. On the green side they're decreasing risk as well as the red side increasing risk for lung cancer. The suggestive level of evidence that's available as far as decreasing risk includes vegetables, fruits, and foods containing carotenoids, which are red and orange-colored plants. Foods containing vitamin C, which might include for example citrus, as many others, also have vitamin C. Foods containing isoflavones, which are basically soy foods, as well, as they also have physical activity in there as a suggestive for decreasing risk. Convincing data that increases risk for lung cancer that we have at this point is arsenic in the drinking water, and the use of high-dose beta-carotene supplements. Suggestive data for increasing risks includes the red meats, processed meats, and alcoholic beverages. Another wonderful resource that I like to make people aware of is and especially for people who are undergoing currently undergoing cancer treatment is an online book an online book by The National Cancer Institute called *Eating Hints Before, during, and After Treatment* (also available in Spanish). It contains great advice for problem-solving for common side effects that can occur with different types of treatments and I call it garden variety side effects. So you're kind of prepared. This is why I like people to have this at home is because of the side effects you're never quite sure you know if you start a new treatment, how it will affect you. It also has wonderful food lists that are well-tolerated, like foods that are well tolerated with different kinds of side effects. So it allows you to kind of run your finger down the list and you're kind of like oh you know I haven't thought of this, or you know that sounds good, especially for people who are preparing their own meals and things; if you aren't hungry it's very hard if your appetite is down it's very hard to come up with food

ideas and so I use these kind of food lists, I call them menu generators, that just kind of help you kind of widen the variety of foods that you may be able to tolerate.

Another resource in the same direction, also called a menu generator is, *Cook for Your Life*. So, cook for your life was developed by a chef who went through cancer treatment, and the materials are organized under side effects if that's how you wish but it's also um organized for dietary considerations. So, there's a section you can look at it through gluten-free or, vegetarian, or nut free as well as it helps you tailor recipes, so not that you would necessarily use the recipes that they're suggesting but it's kind of a great starting place. So they have everything from treatment-related through survivorship, as well as cancer prevention, and this website is available also in Spanish.

And then, of course, our great resource, *Lung Cancer Choices*, is now available in its 5th Edition. It's an in-depth, evidence-based resource with a lot of great information, including a lot more information that's available in the chapter on nutrition. So, I want to thank you all for attending, and please stay tuned or come back again for our next session, where we're going to discuss frequently asked questions and common patient concerns; thank you.