

Weight Gain with Cancer Treatment

Sometimes patients gain weight with cancer treatments. This weight gain may be caused by some medicines, hormone therapy or chemotherapy. Some medicines cause the body to retain water. Talk to your doctor if you notice any weight gain.

Do not go on a weight loss diet without talking to your doctor first. Your doctor or dietitian will help you plan ways to manage your weight gain. Eating healthy meals and drinking liquids will help you feel better during treatment.

Try these tips to manage weight gain:

- Choose lean cuts of meat such as chicken, turkey, fish and lean beef.
- Choose low fat dairy products such as skim milk, 1% milk, and low fat or fat free cottage cheese or yogurt.
- Eat plenty of fruits and vegetables.
- Avoid high fat, high calorie snacks such as chips, cookies, candy and ice cream. Instead, snack on graham crackers, dried fruit or popcorn.
- Avoid using added fats such as salad dressings, margarine, butter, mayonnaise and gravy. Use low fat versions.
- Use low fat cooking methods such as broiling, baking and steaming to cook foods. Use nonstick pans so that no added fat is needed.
- Stay active and exercise to burn off the extra calories and help you feel better.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

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癌症治疗造成的体重增加

有时癌症治疗会造成患者的体重增加。这种体重增加可能是由于一些药物、荷尔蒙疗法或化疗而引起。有些药物引起水份在体内驻留。如果你注意到任何体重增加, 请告知你的医生。

不可不先告知你的医生而实行减肥餐饮。你的医生或营养学家将帮你制定方法控制你的体重增加。在治疗期间吃健康餐并多喝液体将会使你感到舒服一些。

试试以下提示以控制体重增加:

- 挑选精肉, 如鸡、火鸡、鱼和瘦牛肉。
- 请选食低脂乳制品, 如脱脂牛奶、1%牛奶以及低脂或脱脂松软奶酪或酸奶。
- 多吃水果蔬菜。
- 避免高脂肪高热量零食, 如土豆片、饼干、糖果和冰淇淋。将零食改为全麦饼干、干水果或爆米花。
- 避免用多加脂肪, 如沙拉酱、人造黄油、黄油、美乃滋和肉汁。请食用低脂类。
- 用低脂烹饪法, 如烤炙、烘焙和蒸食。用不沾平底锅, 以便烹饪时不需加油。
- 保持活跃并锻炼以耗去多余的卡路里, 使自己感觉良好。

若可能有任何进食方面的问题, 请告知你的医生、护士或营养师。

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