

癌症治疗造成的味觉和嗅觉改变

Changes in Taste and Smell with Cancer Treatment

Your sense of taste or smell may change with cancer treatments. Some foods may have a bitter or metallic taste or may be less tasteful. Changes in taste and smell often improve after cancer treatment is complete.

Visit your dentist to rule out dental problems that may affect your taste. Try these changes to improve taste and smell:

- Keep your mouth clean by brushing and flossing.
- Choose foods that look and smell good to you.
- Eat high protein foods like chicken, turkey, eggs, dairy products, mild tasting fish or tofu.
- Marinate meat, chicken or fish in sweet fruit juices, sweet wine, Italian salad dressing, or sweet and sour sauce.
- Use small amounts of seasonings such as basil, oregano or rosemary.
- If you have a metal taste in your mouth, try eating with plastic forks and spoons, and cooking in glass pots and pans instead of metal ones.
- If odors bother you, serve food at room temperature, turn on a kitchen fan, cover food when cooking or cook outdoors if possible.

Talk to your doctor or nurse if you have any questions or concerns.

癌症治疗可能会改变您的味觉或嗅觉。有些食物可能会有苦味或金属味或可能不象以前那样美味。味觉和嗅觉的改变在癌症治疗完成后经常会有改善。

请去看您的牙医以排除可能影响味觉的牙病。请尝试这些变化以改进味觉和嗅觉：

- 坚持刷牙和使用牙线，保持口腔清洁。
- 选择看起来和闻起来觉得好的食物。
- 吃高蛋白质食物，如鸡肉、火鸡肉、蛋、乳制品、味道不太重的鱼或豆腐。
- 用甜果汁、甜酒、意大利沙拉酱或甜酸酱腌肉、鸡肉或鱼。
- 用少量调味品，如罗勒、牛至或迷迭香。
- 如果口中尝到金属味道，尝试用塑料叉勺进食，并在烹调时用玻璃材质的锅和平底锅代替金属器皿。
- 如果气味让您难受，请以室温进食，打开厨房风扇，烹饪时将食物盖好或如果可能，请在户外烹饪。

若可能有任何进食方面的问题，请告知您的医生、护士或营养师。