

# 癌症治療導致的味覺和嗅覺變化

## 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.**

癌症治療可能導致您的味覺或嗅覺發生變化。某些食物可能嘗起來有苦味或金屬味，或者可能變得不太可口。味覺和嗅覺變化通常在癌症治療結束後，即會好轉。

請拜訪您的牙科醫生，以排除可能影響味覺的牙齒問題。請嘗試做出以下改變，以改善味覺和嗅覺：

- 刷牙和使用牙線，使口腔保持清潔。
- 選擇對您而言外觀和氣味可接受的食物。
- 選擇高蛋白食物，如雞肉、火雞肉、蛋類、乳製品、味道溫和的魚肉或豆腐。
- 醃肉、甜果汁浸泡過的雞肉或魚肉、甜酒、義大利沙拉醬或酸甜醬。
- 添加少量調味料，如羅勒、牛至或迷迭香。
- 若您的口腔感受到金屬味道，請嘗試使用塑料叉勺進食，並用玻璃鍋和玻璃平底鍋烹調，請勿使用金屬器皿。
- 若氣味對您造成困擾，請在室溫下進餐，開啓廚房排氣扇，烹調時將食物蓋住，或是在室外烹調（如可行）。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。