

がん治療に伴う食欲減退

Loss of Appetite with Cancer Treatment

Loss of appetite is one of the most common problems with cancer treatment. Eating healthy meals and drinking liquids will help you feel better during treatment.

Follow these tips to improve your appetite:

- Eat small meals more often during the day.
- Drink liquids if you do not feel like eating solid food. Try juice, soup, milkshakes, and liquid or powdered meal supplements such as Carnation Breakfast Essentials, Boost or Ensure.
- Keep snacks with you and eat whenever you feel like it.
- Drink liquids between meals so that you are not too full to eat at mealtime.

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

食欲減退はがん治療でもっともよく見られる問題です。治療中は健康的な食事と水分をとることが症状の改善に役立ちます。

食欲を促進するためのヒントを以下に挙げます。

- こまめに軽い食事をとりましょう。
- 固形物を食べたくないときは、飲み物をとりましょう。ジュース、スープ、ミルクシェーク、流動食、『インスタントブレイクファスト』など食事の代わりとなる粉末状のサプリメントを試してみましょう。
- スナックを携帯し、食べたいときにいつでも食べられるようにしましょう。
- 食事と食事の間には水分をとり、食事のときに満腹でないように注意しましょう。

摂食問題があるときは、主治医や看護師、栄養士にご相談ください。

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