

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 fat free (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.

がん治療に伴う体重の増加

がん治療を受けていると体重が増加することがあります。その原因として薬剤、ホルモン治療、化学療法などが考えられます。薬剤の中には体内に水分を滞留させる働きを持つものがあります。体重増加に気づいたときは、担当医師にご相談ください。

医師に相談せずにダイエットを始めたりしないこと。医師または栄養士が体重増加を管理するためのプランの組み立てに協力してくれます。治療中は健康的な食事と水分を取ることが症状の改善に役立ちます。

体重増加を管理するには以下の習慣を心がけてください。

- 鶏肉、七面鳥、魚介類、赤身の牛肉など脂肪分がカットされた肉類を選びます。
- 無脂肪ミルク（スキムミルク）、乳脂肪分 1%の牛乳、低脂肪または無脂肪のカッテージチーズ、ヨーグルトなど脂肪分の低い乳製品を選びます。
- 果物と野菜を十分とりますます。
- ポテトチップ、クッキー、キャンディ、アイスクリームなどカロリーや脂肪分の多い軽食は避けましょう。代わりに、クラッカー、ドライフルーツ、ポップコーンなどを食べます。
- サラダドレッシング、マーガリン、バター、マヨネーズ、グレイビーソースなど添加脂肪は避けましょう。低脂肪の製品を使いましょう。
- 揚げるかわりに直火焼き、ベーキング、蒸すなどの調理法を使います。油をしく必要のないテフロン加工のフライパンなどを使います。
- 余分なカロリーを消費するために体をよく動かし、運動をして快適に過ごします。

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

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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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Weight Gain with Cancer. Japanese.