

# 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.

# Korodh Miisaan ka dib Daweyn Kaansar

Marmarka qaarkood waxa bukaanka u kordhi kara miisaan ka dib daweyn kaansar. Waxa laga yaabaa in korodhka miisaanka ay sabab u tahay dawooyinka qaarkood, daweynta hormoonka (hormone) ama daweynta adeegsata kiimiko (chemotherapy). Dawooyinka qaarkood waxay keeni karaan in jidhku xejisto biyaha. La hadal dhakhtarkaaga haddii aad dareentid wax ah korodh miisaan.

**Ha** bilaabin qorshe yareyn miisaan adiga oo aan marka hore la hadlin dhakhtarkaaga. Dhakhtarkaaga ama nafaqo-yaqaanka ayaa kaa gargaari doona siyaabo aad ku maamushid korodhka miisaanka. Cunista cuntooyin caafimaad leh iyo cabista cabitaanno ayaa kaa gargaari doona in aad fiicnaan dareentid inta lagu jiro daweynta.

## **Isku day talooyinkan si aad u maamushid korodhka miisaanka:**

- Dooro hilib aan baruur lahayn sida digaag, turki, kalluun ama hilib lo' oo aan baruur lahayn.
- Dooro caano iyo wax laga sameeyay sida caano sida caano subagga laga saaray (skim), caano ah 1% subag, iyo jiis/faramaajo ama caano-fadhi (yogurt) dufan yar ama aan lahayn.
- Cun khudaar iyo cagaar badan.
- Iska ilaali cuntooyinka fudud ee leh dufan badan ama kaloori sare sida jibiska, busgudka iyo jalaatada. Beddelkooda, cunto fudud ahaan u qaado “graham crackers”, khudaar la qalajiyay ama salool/daanjo.
- Iska ilaali dufanka kordhiska ah ee ku jira iidaanka saladhka/ansalaatada, maargariin, subagga, mayoonees iyo fuud. Isticmaal kuwo dufan yar.

- 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.**

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- Isticmaal hababka karinta ee dufanka yar sida kalaankalka, dubista iyo uumi-ku-karinta si aad cuntada u karisid. Isticmaal digsiyo aan wax ku dhagaynin si aanad ugu baahan dufan aad ku dartid.
- Noqo qof firfircoon oo samee jimicsi si aad u gubtid kalooriyada dheeraadka ah oo taasi kaaga gargaarto in aad fiicnaan dareentid.

**Dhakhtarkaaga, kalkaalisada, ama nafaqo-yaqaanka kala hadal wixii ah dhibaatooy cunis ee aad qabtid.**

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Weight Gain with Cancer. Somali.