

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.

Aumento de peso debido al tratamiento contra el cáncer

Algunas veces, los pacientes aumentan de peso durante el tratamiento contra el cáncer. Este aumento de peso puede deberse a algunos medicamentos, terapia de hormonas o quimioterapia. Algunos medicamentos provocan que el cuerpo retenga líquidos. Hable con su médico si nota algún aumento de peso.

No se ponga a dieta para bajar de peso sin consultar primero con su médico. Éste o su nutricionista le ayudarán a planificar maneras para controlar su aumento de peso. Comer alimentos saludables y beber líquidos le ayudará a sentirse mejor durante el tratamiento.

Pruebe estos consejos para controlar su aumento de peso:

- Elija cortes magros de carne, tales como pollo, pavo, pescado y carne de res magra.
- Elija productos lácteos con bajo contenido graso, tales como leche descremada, leche con un 1% de grasa, y queso cottage o yogur total o parcialmente descremado.
- Coma muchas frutas y verduras.
- Evite los refrigerios con alto contenido de grasas y calorías, tales como las papas fritas, las galletas, los dulces y el helado. En lugar de eso, coma refrigerios de galletas Graham, frutas secas o palomitas de maíz.
- Evite usar grasas adicionales tales como aderezos para ensaladas, margarina, mantequilla, mayonesa y salsa de carne. Use versiones con bajo contenido de grasas.
- Use métodos de cocina con bajo contenido de grasas, tales como asar a la parrilla, hornear y cocinar al vapor para preparar alimentos. Use sartenes antiadherentes a fin de no agregar grasa adicional.

- 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.

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- Permanezca activo y haga ejercicio para quemar las calorías adicionales y ayudarlo a sentirse mejor.

Hable con su médico, enfermera o nutricionista sobre cómo tratar los problemas para comer que pueda tener.

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Weight Gain with Cancer. Spanish.