

# Weight Loss with Cancer Treatment

Sometimes patients lose weight with cancer treatments. This weight loss may be due to the effects of cancer treatment on your body or because you are eating less. Talk to your doctor about your side effects. There may be medicine to help you. Eating healthy meals and drinking liquids will help you feel better during treatment.

## **Try these tips to manage weight loss:**

- Eat food high in calories and protein such as peanut butter, whole milk, milkshakes, meats and cheeses.
- Eat your favorite foods any time of the day.
- Eat your largest meal when you are most hungry during the day.
- Add butter or margarine to soup and gravy or sauces on meat.
- Use whole milk or cream in cereal, pureed vegetables, soup or sauces.
- Add cheese to casseroles, potatoes, vegetables, eggs or sandwiches.
- Use cream cheese or sour cream as dips, spreads or toppings.

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

# がん治療に伴う体重の減少

がん治療を受けていると体重が減少することがあります。その原因としてがんの治療法や食細りが考えられます。副作用については、担当医師にご相談ください。症状に役立つ薬が処方される場合もあります。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。

体重の減少を管理するには以下の習慣を心がけてください。

- ピーナッツバター、全乳、ミルクシェイク、肉類、チーズなどカロリーとたんぱく質の多い食事を取ります。
- 好きな食べ物を 1 日のうちで好きなときに食べます。
- 1 日のうちで一番食欲のあるときにたくさん食べます。
- スープにバターやマーガリンを入れたり、肉にはグレイビーソースを使います。
- シリアル、ピューレ野菜、スープ、ソースに全乳やクリームを使います。
- キャセロール、ポテト、野菜、卵、サンドイッチにチーズを入れます。
- クリームチーズやサワークリームをディップにしたり、塗ったり、トッピングにして使います。

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。

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 Loss with Cancer. Japanese.