

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.

Lumid Miisaan ka dib Daweyn Kaansar

Marmarka qaarkood bukaanka waxa ka luma miisaan marka laga daweyyo kaansar. Waxa laga yaabaa in lumidda miisaan ay sabab u tahay saameynta ay daweynta kaansartu ku sameysay jidhkaaga ama ay sababtu tahay adiga oo cunaya wax intii hore ka yar. Dhakhtarkaaga kala hadal wixii ah waxyeelooyin kale. Waxa laga yaabaa inay jirto dawo ku gargaari karta. Cunista cuntooyin caafimaad leh iyo cabista cabitaanno ayaa kaa gargaari doona in aad fiicnaan dareentid wakhtiga daweynta.

Isku day talooyinkan si aad u maamushid miisaan dhicitaana:

- Cun cuntooyinka uu ku badan yahay kalooriga iyo borootiinku sida subagga lawska, caano dhan, isku-darka caanaha (milkshake), hilib iyo jiis/faramaajo.
- Cun cuntooyinka aad ka heshid wakhti kasta oo ah maalintii.
- Cun cuntada kuugu weyn wakhtiga aad ugu gaajo badan tahay inta lagu jiro maalinta.
- Ku dar subag ama maargariin maraqa iyo cuntada ama ku dar suugo hilibka.
- Caano aan subag laga saarin ama labeen ku dar siriyaalka, cagaarka shiidan, maraqa ama suugada.
- Jiis ku dar dhari cunto, bataatada/baradhada, cagaarka, ukunta ama saanwijka.
- Labeen jiis ama labeen dhanaan ku isticmaal koosaarta ama iidanka ah darsi, maris ama korsaar.

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

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

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Weight Loss with Cancer. Somali.