

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.

Pérdida de peso debido al tratamiento contra el cáncer

Algunas veces, los pacientes pierden peso durante el tratamiento contra el cáncer. Esta pérdida de peso puede deberse a los efectos de tratamiento contra el cáncer en su cuerpo o porque está comiendo menos. Hable con su médico sobre los efectos secundarios. Es probable que haya medicamentos que lo ayuden. Comer alimentos saludables y beber líquidos lo ayudará a sentirse mejor durante el tratamiento.

Pruebe estos consejos para controlar su pérdida de peso:

- Coma alimentos con alto contenido calórico y de proteína, tales como mantequilla de maní, leche entera, malteadas, carnes y quesos.
- Coma sus alimentos favoritos a cualquier hora del día.
- Coma su comida más grande cuando tenga más hambre durante el día.
- Añada mantequilla o margarina a la sopa y salsas a las carnes.
- Use leche o crema entera en cereales, puré de verduras, sopa o salsas.
- Añada queso a los guisos, papas, verduras, huevos o sándwiches.
- Use queso crema o crema agria como salsas para untar, pastas para untar o aderezos.

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

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Weight Loss with Cancer. Spanish.