

Cancer Nutrition Session
20th October 2016 | 08:30 – 12:00
Optimal Nutrition For Cancer Prevention and Survivorship
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Thursday, 20th October 2016

Day 1

07:00 – 08:30 Registration and Welcome Coffee Break

08:30 – 10:00 **Optimal Nutrition For Cancer Prevention and Survivorship**

- a. Weight Management
- b. Physical Activity
- c. Phytonutrient Rich Foods (Vegetables & Fruits)
- d. Optimal Protein Sources
- e. Healthful Fats
- f. Sugar and Cancer
 - i. Understanding of Glucose Regulation and Insulin
 - ii. Limit Processed, Refined Sugars, not Natural Sugar from Fruit and Vegetables
- g. Whole Grains
- h. Soy Foods
 - i. Controversy and Practical Guidelines on Consumption of Soy Foods for ER+ Breast Cancer Survivors
- i. Alcohol Guidelines
- j. Increasing Spice Intake
 - i. Turmeric
- k. Limited Role of Dietary Supplements
 - i. Vitamin D

10:00 – 10:15 **Coffee Break**

10:15 – 12:00 **Nutritional Considerations in Oncology Care: Case Studies**

- a. Pancreatic Cancer
 - i. Anorexia
 - ii. Unintentional Weight Loss
 - iii. Nausea
- b. Ovarian Cancer
 - i. Small Bowel Obstruction and Low Fiber Diet
 - ii. Home Parenteral Nutrition Support (TPN)
- c. Gastric Cancer
 - i. Post-Gastrectomy Diet
 - ii. Early Satiety
 - iii. Home enteral Nutrition Support via Jejunostomy Tube
- d. Prostate Cancer
 - i. Unintentional Weight Gain
 - ii. Fatigue