

INTEGRAL ONCOLOGY NUTRITION PROGRAM

Thursday, 5th October 2017
08:00 - 12:00 | Al Ras 3

Chair: Emily E. Biever, MS, RD, LDN

I. Overview of an Integral Approach

- a. What is Integral Theory
- b. Application to oncology care
- c. Application to oncology nutrition

II. The Tangibles of Oncology Nutrition

- a. Dietary Recommendations
 - i. Fleshing out fact from fiction (world wide web, other media)
 - ii. Phytonutrient-rich foods
 - iii. Starches and whole grains
 - iv. Protein
 - v. Healthful fats
 - vi. Combined nutrition, whole food and blood sugar regulation
- b. Physical Activity and Lean Body Mass
- c. Supplements and Herbs
- d. Managing Side Effects of Treatment
 - i. Taste changes
 - ii. Nausea
 - iii. Loss of appetite
 - iv. Bowel changes
 - v. Complimentary therapies to treat side effects
 1. Massage therapy
 2. Acupuncture
- e. Food Systems/Politics
- f. Research and Trials in Oncology Nutrition

09:30 - 10:30

Opening Ceremony

III. The Intangibles of Oncology Nutrition

- a. Relationship with food
 - i. Experiential
- b. Social support and food values
- c. Caregiver and patient dynamics
- d. Care team's beliefs about nutrition
- e. Further supports – Highlight of Leonard P. Kaim Center for Integrative Therapist at Dana-Farber
 - i. Tao Chi, Qigong, yoga
 - ii. Music therapy, art therapy
 - iii. Meditation

IV. Case Study and Discussion