

#feelbetter 

Supporting your body.



TAKE GOOD CARE OF YOURSELF

Very few people are "pros" at handling a serious illness. A cancer diagnosis leaves most of those affected as well as their family members clueless at first.

A thousand questions along with anguish arise from this initial emptiness. We're convinced that the more you know, the better prepared you'll be, and the more

confidently and poised you can face new situations. And the more risks can be avoided.

You can't have a positive impact on everything, but you can take advantage of the opportunity to respond to side effects and improve your quality of life.

*Listen to your
body's needs.*





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How to mitigate side effects

Cancer treatment can cause side effects. Some drugs can help reduce these. Still, experience shows that consciously choosing your food can help support your body and keep the symptoms to a minimum, too.

Talk to your doctor: Always consult your doctor in case of side effects. He/She is knowledgeable about your treatment and will listen to you and certainly provide you with good advice.

LOSS OF APPETITE

What you want: Eat what you feel like eating, even if it's not what you usually eat.

When you want it: Always eat and drink whenever you feel hungry, even at night. Have small snacks, such as nuts, crackers and cookies, placed out wherever you spend a lot of time. Eat things that are quick to make, such as frozen meals. Stimulate your appetite and promote digestion with things like ginger, fennel, bay leaf, rosemary, dill, chives, mustard, curry, pepper and even bitter flavors (such as in endive).

Real quick: Sometimes it helps to eat casually while doing something else. For example, when you have company or while reading or watching TV.



*Ask your
health care team
for advice*

**They're know-
ledgeable about
your treatment.**

NAUSEA

Hot and soft: Food with a soft consistency is often considered pleasing. Examples are hot oatmeal, steamed vegetables, mashed potatoes, beef stroganoff and fish stew.

Dry baked goods: Shortbread cookies, pretzel sticks and even toast are also easy to chew and digest.

Fragrances: The smell of fresh lemon or scented candles can mitigate nausea.

Teatime: Teas made from the following plants can alleviate nausea:

- Chamomile (also relieves cramps)
- Ginger root (also is warming)
- Peppermint (also is cooling)

Better avoid: Bloating, high-fat or strongly spiced dishes.

CHANGES IN TASTE

Don't be modest: If you have trouble perceiving tastes, forget about posh restraint and pile on the spices! You're the one who has to eat it, after all.

Add some sweetness: Sweet ingredients can help make more savory dishes with unpleasant smells or flavors more palatable. Some tasty combinations include pork with apple sauce, camembert with lingonberry, fowl with banana or curry with pineapple.

Keep things mild: If you're sensitive to smells and flavors, avoid strong-smelling dishes. Roasted, fried or baked dishes have strong aromas. Mild dishes like mashed potatoes, noodles or rice with tomato sauce are sure to be more tolerable.



*It's
Teatime*

Make conscious choices: Mint and rosemary are often pleasing, and vanilla or cinnamon can mask metallic tastes.

DIARRHEA

Unfortunately, diarrhea is a common side effect of cancer treatment. It's a detriment to your health and it's just annoying. Beyond taking drugs, you can adapt your food choices to your symptoms to counteract them. Diarrhea occurs for several reasons, so it is important to inform your doctor immediately if you suffer from it for more than 24 hours.

Stool-firming and beneficial to the gut:

- Blueberries (as fruit, juice or tea)
- Tannins in black tea (brewing time approx. 20 min)

Soups made with rice, oatmeal, pearl barley or linseed meal contain a gooey substance that soothes an irritated

gastrointestinal tract. Adding anise, fennel or caraway to these savory gruels can also be pleasant for the intestine.

Boiled vegetables are easily digestible. These include potatoes, carrots, zucchini, celery, parsnips, tomatoes, fennel and baby turnips.

CONSTIPATION

Some patients even experience constipation over the course of their treatment. How can you adapt your food choices to literally "get things moving" again? Here are some helpful tips.

Fiber is particularly effective against constipation. Good sources of fiber include whole-grain products, vegetables and fruit.



Note: If the administration of opioids is part of your treatment, you have to abstain from a diet high in fiber as it counteracts the drugs and can have serious consequences!

Rolled oats to get things rolling: Mix unpeeled fruit in with rolled oats for added fiber and taste. If you want to add even more fiber, you can also stir in soaked linseed meal, oat bran or wheat bran.

Try dried prunes: Have you heard of this? Soak three prunes over the course of a day. Then chew them up thoroughly and drink the soaking water. Don't like the sound of that? A good alternative to the dried fruit is a glass or two of unfiltered prune juice.

Without adequate fluids, fibers will exacerbate constipation. You can only benefit from fiber by drinking plenty of fluids along with it. If you're switching from a low-fiber to a high-fiber diet, go slow to give your body time to adjust.

Common impairments after surgery

DIGESTIVE DISORDERS

We know our body is a perfectly balanced system. Surgery, however, can throw it off balance. The pancreas, for example, will typically release digestive enzymes in the exact quantity needed to digest what we eat and drink. These enzymes break the nutrients down into the smallest of particles so they can pass through the intestinal wall and into the bloodstream. After surgery, this perfect process in the gastrointestinal tract can become faulty.

HERE ARE SOME SAMPLE SCENARIOS

If the stomach has been removed and replaced by a section of intestine, the pancreas often releases the

enzymes incorrectly – usually not enough or at the wrong time. If the pancreas has been removed, enzyme production is omitted entirely. Even insulin can no longer be produced to process carbohydrates. The result can be diarrhea, bloating and weight loss. When the nutrients leave the body undigested, there will be visible fat deposits in the stool.

If your stool is fatty and smells bad, it may be a sign that you aren't producing enough pancreatic enzymes.

MEDICINE CAN HELP

If you want to restabilize your digestion following surgery, a specific medicine can help: It's called "pancreatic enzymes" and its composition is largely similar to human digestive enzymes.

It's simply taken orally with meals and in the quantity that is right for what's eaten. In the intestine, they break down nutrients virtually "on site" just like the "natural" enzymes.

Have you had your stomach or pancreas partially or completely removed? Are you experiencing discomfort? Then talk to your doctor about whether pancreatic enzymes can help.



After surgery or treatment certain food components (containing lactose, fat, fiber, acid) can no longer be tolerated and starting to cause issues (like diarrhea, bloating, cramps).

In many cases the amount is critical; Try eating smaller quantities several times a day.

LACTOSE INTOLERANCE

Gastrointestinal surgery and chemotherapy can trigger an intolerance toward milk sugar (lactose). If this is happening to you: Choose small portions of fermented milk products such as yogurt, cottage cheese and kefir. Often these are easier to tolerate than milk.

Tasty alternatives to the usual cow's milk are rice milk, almond milk or soy milk. A wide range of lactose-free products are also available in many supermarkets.



*Lactose
intolerance*



A person is sitting on a pink yoga mat on a lush green lawn. The background is filled with tall grass and out-of-focus green trees, suggesting a park or a natural setting. The overall atmosphere is peaceful and healthy.

Mind-body exercises

Exercise is like medicine during cancer treatment, so keep moving as much as possible. Always remember: Doing something is better than doing nothing. Start with small steps and consistently adjust your program – for your physical and mental health.





Being active
for inner
balance

Move More!

You move much more than just your body when you exercise. Healthy people and cancer patients can benefit in many ways from the positive effects of physical activity.

Being active can improve your inner balance. You can overcome stress, a low point and motivational hurdles to be well prepared for the difficult phases of life. According to the saying "Move your body and your mind will follow." Use this potential, even if it's just small steps. On your mark. Get set. Go.

*"Move your body and
your mind will follow."*



BE ACTIVE FOR PHYSICAL AND MENTAL HEALTH

Physical activity can contribute to health and well-being in every phase of life and situation.

Movement may have many positive effects:

- It can strengthen muscles and bones.
- It can reduce the risk of depression and anxiety.
- It can improve cognitive functions.
- It can improve metabolism.
- It can make you happier.
- It can increase self-confidence.

Studies show that exercising can help to reduce the negative side effects of anticancer treatment and the risk of recurrence.

Together with the right amount of protein exercise can increase muscle mass and may prevent mal-nutrition. So, bare your teeth at your inner couch potato.

GO WITH WHAT'S GOOD FOR YOU

Bare your teeth? That's easy to say. Pain, the side effects of treatment and fatigue often make it hard for patients to be active. The good news is that it doesn't take much movement at all to improve your energy balance.

Go with what's fun and what suits your current needs. Try to increase your physical activity in everyday life. Why not go grocery shopping by bike or take the staircase instead of the elevator? Every step counts. Exercise is like medicine in cancer treatment, so keep moving as much as you can and avoid inactivity.

Even if you aren't as mobile anymore due to amputation, loss of muscle mass or scar pain, doctors see positive effects. Moving — baring your teeth — is worth it.

Find a training partner at your fitness level.

Try to work out together to increase your motivation. The social support of a group comes in handy for maintaining one's training. There are lots of fitness groups in every city. Ask your medical team or health insurance company for support. They can also decide whether a professionally supervised program is required or if home-based training might work for you as well.



Perform regular activities every day to improve your metabolism, nutrient utilization and mood.

What role does nutrition play?

Depending on the type of exercise, you need different forms of energy. So, it's good to know about the different types of movements involved in an exercise as well as its specific exertion profile.

Jogging or weightlifting are two kinds of exertion that are fairly one-sided. Team or racket sports have an exertion profile that is largely balanced. Endurance sports place particularly high demands on the body's ability to provide energy.

Depending on the type of exercise, you'll focus more on strength, stamina, coordination or flexibility. This means your nutritional requirements will vary, as well.

Nutrition to feel better



The combination of strength, endurance and coordination training in particular can be very beneficial for cancer patients.

COORDINATION TRAINING

Coordination training is for maintaining balance and to make physical movements easier overall. Even small adjustments in your everyday life can be useful.

ENDURANCE TRAINING

Endurance training can help to maintain or improve stamina and overall physical fitness.

MIND-BODY EXERCISES

Mind-body exercises combine mental focus and body movement and can improve flexibility, strength and balance.

STRENGTH TRAINING

Strength training or resistance training can be done at home or at the gym. It mainly serves muscle development and may counteract sarcopenia.

Cycling? Team sports? If you have trouble with balance or your vision, pilates or light calisthenics while sitting or lying down are good. Endurance sports have been shown to help fight fatigue. Make sure to ask your doctor what kinds of exercises are possible for you.

Why do we need more nutrients to build up muscles?



This question is easy to answer. Every (exercise) movement is caused by the tensioning of muscle – more precisely, the contraction of skeletal muscle fibers. The body obtains energy for this by different means.

Carbohydrate stores are easily filled with high-carb beverages. These drinks come premade but are also easily made by yourself. Just go to a pharmacy or health food store and ask for maltodextrin. With the help of fructose, e. g., from orange juice or fruit syrup, you can prepare effective sports drinks that don't taste as sweet.

ATTENTION: Patients with digestive disorders in particular should always test how well they digest these beverages or even acclimate the body to them, as they can cause diarrhea, which is more than unpleasant during exercise.

GIVING ENERGY BACK TO THE BODY

After exercise, you should replenish your glycogen stores with high-carb foods. You can decide for yourself whether you prefer noodles, potatoes or rice.

If your workout emphasizes strength, an adequate supply of protein and amino acids is important. Strength training increases muscle mass. This increase only occurs if enough building blocks in the form of amino acids and protein are absorbed by your food.

You should also factor in the time it takes for the protein to be absorbed from the gastrointestinal tract: While steak is a great source of protein, it takes some hours to digest. Protein-rich products that are more easily absorbed (e.g., eggs or dairy) "act" faster.

Always eat a high-protein, high-carb meal before a strength training session. A hearty serving of scrambled eggs and a latte macchiato or cappuccino would be an ideal breakfast.

*high-protein,
high-carb meal
to support
your training*









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