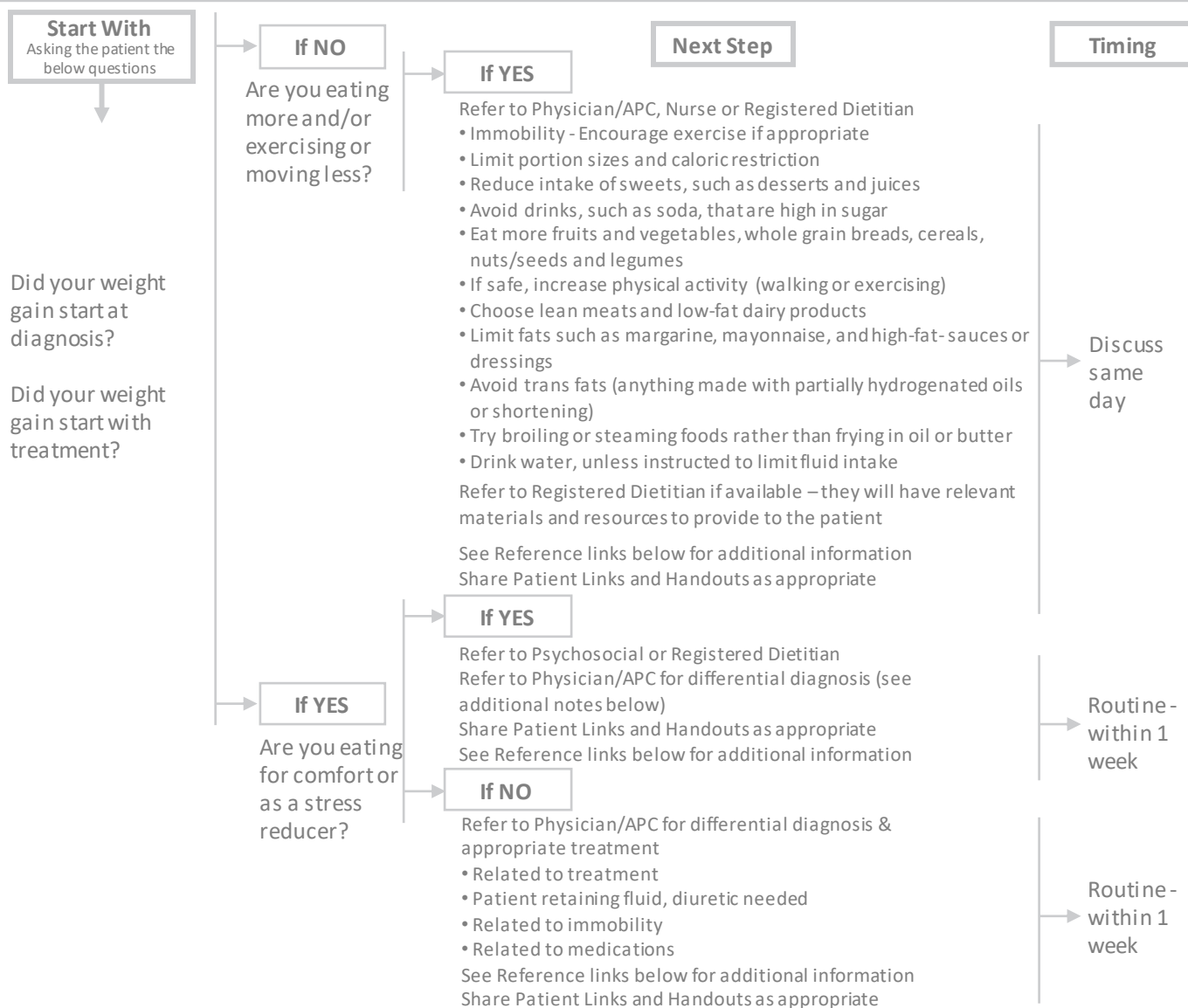


Clinician Follow Up Reference for Supportive Care

Nutrition Concerns – “YES” to *Weight gain*



Notes

Stages I-III - Nutrition recommendations are based on individual labs, comorbidities, tolerances and preferences of the patient, not necessarily based on stage. Review long-term issues with weight gain in survivorship (increased risk for recurrence for certain malignancies or other comorbidities) Discussion on a healthy diet with fruits and vegetables, nuts, beans whole grains and unprocessed meats.

Stage IV - Nutrition recommendations are based on individual labs, comorbidities, tolerances and preferences of the patient, not necessarily based on stage. Educate on balancing fluid, the risk of fluid overload in patients receiving IV fluids. Unless related to fluid retention, weight gain may be beneficial to most stage IV patients.

Geriatric: Consider fluid status, protein, malnutrition or edema. Men on hormone therapy for prostate cancer can gain weight. If losing strength along with weight gain, may need referral to resources that can provide a safe living situation.

Patient Links and Handouts:

- > [American Cancer Society. Weight Changes](#)
- > [Cancer.Net. Weight Gain](#)
- > [Cancer.Net. Body Weight and Cancer Risk](#)
- > [NIH. Nutrition in Cancer Care \(PDO®\)–Patient Version](#)

References:

- > [NIH. PDO®. Nutrition in Cancer Care \(PDO®\)–Health Professional Version](#)
- > [NIH. PDO®. Basic Principles of Nutrition in Patients with Cancer](#)

CSOC Patient Handout can be accessed at: <http://cancer-help.me/weightgain>