



# Rediscover your taste for life

Good nutrition supports your  
cancer treatment and recovery.



**Fresubin**<sup>®</sup>  
Fuel for Strength

*If you've been diagnosed with cancer, it's easy to feel overwhelmed by the prospect of the what's ahead.*

## Rediscover your *Taste for Life*

*Despite the stress and shock you are feeling, it's also a time when you have to take on a lot of new information. Your health is more important than ever and good nutrition is essential.*



There's a number of reasons why you might not feel like eating - and you may even begin to lose your taste for life entirely. That's why maintaining a good nutritional status is crucial, to support and improve your recovery process.

The good news is that the right nutrition at the right time can make an immense difference to treatment outcomes and your quality of life as a whole - and you have many different nutritional options available to you.

At Fresenius Kabi, we are driven by one philosophy: **caring for life.**

We are passionate about bringing the best solutions to our patients and being a source of valuable information.

This guide is designed to help you learn about practical ways you can help yourself. We want to aid you through your journey to recovery, by providing invaluable nutrition support.

Even as you prepare for what lies ahead, you can still find things to enjoy in life. With this in mind, we have Fresubin - our range of tasty, effective and reliable Oral Nutrition Supplements. They've been developed based on scientific evidence and a commitment to improve your health. We want to support your specific nutrition needs and let you rediscover your Taste for Life.

*Your Fresubin team*

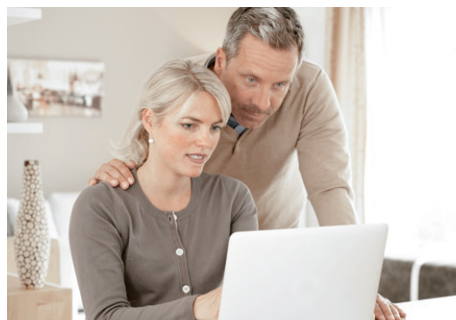


# Make nutrition *your secret weapon* for the fight ahead

The chances are your diagnosis poses the biggest challenge you've ever had to face. Cancer often changes everything, and it may take some time to adjust. Understandably, you have a number of things on your mind, and nutrition might not be something you've thought about. However, nutrition plays a critical role in your recovery and can have positive impacts in how you cope with your cancer.

During treatments, your body will be working incredibly hard: fighting the cancer cells, and repairing and replacing already damaged healthy cells, caused by the therapies. The strain of these combined tasks is considerable, and the body can require a proportionally higher amount of nutrients to maintain body functions.

Unfortunately, side effects commonly associated with treatments - such as loss of appetite, nausea, and changes in taste - often make the effort to maintain a good nutritional status even more difficult.



*You are you.  
Everyone is  
different.  
Remember,  
you are still  
in charge of  
your life*



There is a whole range of side effects associated with cancer treatments. Every patient is unique so that's not to say you will have all or perhaps even any of these side effects. Nonetheless, you are still at risk. All kinds of therapy like surgery, chemotherapy or radiation affect you and your nutritional status as they interfere with the body's ability to digest, absorb or properly metabolise nutrients from food. When your body doesn't get essential nutrients, malnutrition occurs.

There may be times when you feel you have lost control, or are struggling to catch up with changes your body is undergoing. It is important to remind yourself that you are still in charge of your choices and actions. There are many ways to get the nutrients you need when treatment disrupts your diet. Eating a different diet may be difficult to adjust to, but it is certainly possible. One additional option is using Oral Nutritional Supplements like Fresubin.

## What is your nutritional status?

If you answer one or more of the following questions with "Yes", consult a dietitian about receiving nutritional therapy to prevent malnutrition during your cancer journey.

**Are you experiencing pain or dryness in your mouth or throat?**

Yes  No

**Do you feel full up more quickly than in the past?**

Yes  No

**Are you feeling more tired than before your diagnosis?**

Yes  No

**Are you experiencing a lack of appetite?**

Yes  No

**Do you find it difficult to chew or swallow food?**

Yes  No

**Have you experienced any changes in taste?**

Yes  No

**Have you lost weight unintentionally?**

Yes  No

**Have you suffered from diarrhoea or constipation recently?**

Yes  No

**Have you experienced nausea and/or vomiting at all?**

Yes  No

**Do you still keep up with your daily activities?**

Yes  No





# Good news: Good nutrition can make a real difference

Being well nourished strengthens your overall health status. It has a supportive function for your future therapy; to the effectiveness of your treatment and your ability to cope with the side effects.

Receiving the best nutrition while you're being treated for cancer can help you:

- **Feel better**
- **Keep up your strength, energy and immune functions**
- **Preserve your lean body mass and your body's store of nutrients**
- **Better tolerate treatment-related side effects**
- **Lower your risk of infection**
- **Heal and recover faster**
- **Improve your quality of life - and your overall Taste for Life**

## The ideal time to start is right now

Here are some recommendations you can begin to implement to start taking back control of your nutrition and regaining your **Taste for Life**.

### Stay hydrated

This one is important. Your treatment can make you dehydrated, which can cause nausea, constipation and other side effects. Try to drink plenty of fluids (e.g. 8 - 10 glasses) each day. If swallowing is difficult, you could try sucking on ice cubes.



### Adjust your eating pattern

If you find that you have more appetite in the mornings, try to eat then. Aim to eat at a similar time to regulate your bowel movements. Instead of large meals, you might prefer to eat small, frequent meals instead. Since your taste buds may change often, keep a variety of foods in stock.



### Make healthy food choices

Eating a well-balanced diet can help the body tolerate treatments, fight infection and rebuild tissue better. Ideally, you should choose healthy foods that are high in protein and calories.



### Consider your symptoms

Pay attention to your body and eat accordingly. For example, if you're constipated, slowly increase your fibre and water intake. If foods taste strong, try plain non-seasoned foods.



If foods taste bland, sour-tasting foods might stimulate your taste buds.

### Avoid unhealthy habits

While it may seem obvious, it is worth mentioning: avoid alcohol and tobacco, which have the potential to impair your immune system, make taste changes worse and cause dehydration. You are also advised to avoid refined products, simple sugars, and processed foods.



### Practice good oral hygiene

Try to rinse your mouth often, especially before and after meals, to keep it clean and remove any bad tastes or odours. You might also want to gently brush your teeth, gums and tongue before and after meals.



### Make mealtimes comfortable

Make sure you always eat in a comfortable, relaxed environment. Avoid spaces that are too warm or have strong cooking odours.



### Eat in the company of others

As well as reinforcing a sense of belonging and keeping yourself in good spirits, spending mealtimes surrounded by other people such as family and friends often makes it easier to eat in a more relaxed way, enjoying conversation at the same time for instance.



## Light physical activity will help uplift you

Achieving and maintaining your body weight is important for maintaining your treatment schedule. One excellent way to achieve this is with gentle physical activity on a daily basis. If you feel up to it (and if your doctor/physiotherapist permits), try light exercise each day to increase your muscle strength. This light activity, such as walking, may also improve your appetite, reduce fatigue, help digestion and prevent constipation.



## Positivity: the most important ingredient of all

Maintaining a positive attitude might seem like an impossible prospect at times. Your nutritional battle is one that you will fight day-by-day - and you will most probably have good days and bad days. Despite this, try to approach your dietary intake as your opportunity to retain a sense of control and involvement during your treatment. Taking a proactive role will in turn help you feel better, keep your physical strength up and make your day-to-day life as manageable as possible. Whatever your worries, frustrations, and problems, make sure you seek support and a listening ear from others to help regain your **Taste for Life**.



# Tips for coping with nutrition-related side effects

Supportive or palliative care focuses on relieving your symptoms, or the side effects you experience as a result of treatment. This relief can have positive effects on your health status and therapy outcomes, as well as helping to maintain an optimistic outlook and higher quality of life - and to rediscover your Taste for Life.

We hope the following information and tips will help you to cope if you experience any of the following:

## If you're feeling sick

1. In general, try eating easily digestible foods - soft fruit like banana, non-fat yogurt, skinless chicken, potatoes, pasta, etc. Avoid very sweet, aromatic, spicy and fatty dishes. Focus on dry, starchy, non-fat, savoury products like salty non-fat crackers, rusks or durable savoury pastries which calm the stomach and digestive tract.
2. If possible, let someone else do the cooking. Eating in a well-ventilated area, and avoiding intense odours can be a real help.
3. Food or drink containing ginger can in some cases reduce feelings of nausea. Sipping a fizzy drink slowly through a straw is also a popular remedy when feeling sick. Aim to drink plenty of fluids.

## If you have a sore or dry mouth

1. Drink plenty of water or non-acidic fruit juices. You might also want to try chewing sugarless gum to increase the secretion of saliva and help maintain good oral hygiene.
2. Generally speaking, cold drinks and cold food will be more soothing than hot drinks and food. You may also find it useful to keep your food moist with additional sauces.
3. Your doctor or pharmacist can also prescribe mouthwashes or sprays to combat your mouth-related symptoms.

## If you experience changes in taste

1. Stick to those foods you enjoy the taste of and ignore those that don't appeal to you. After a few days or weeks you might want to try them again however, as your tastes may have changed again.
2. You may find that sharp-tasting foods like fresh fruit, fruit juices and bitter boiled sweets leave a pleasant taste in your mouth.
3. Your appetite may well change, depending on whether you're having a good or bad day. So try to make the most you can of the good days by eating well and enjoying your favourite foods.

## If you're feeling overly tired

1. Take advantage of a moment where you feel you have more energy, and then plan ahead for upcoming meals, just in case you are feeling too tired to prepare your food later on in the day.
2. You might want to take advantage of quick convenience foods and keep a stock of them at home for when you're too tired to cook.  
If you really can't face eating, you could also try a nourishing drink instead.

## If you're having problems chewing or swallowing

1. You might find that taking painkillers before you eat meals may help you chew and swallow your food with greater ease. Please consult your doctor or pharmacist regarding this option.
2. When possible, try eating liquidised, mashed or soft foods such as soups, porridge or pasta. You could also add sauces to your favourite foods, for example, or finely chop meat and vegetables, or try cutting the crusts off bread for a softer snack.  
Oral Nutritional Supplements (ONS), such as Fresubin, are another option available to you. They have a high concentration of calories and nutrients to support your nutritional status and are available in various forms. These are flavoured drinkable (sip feeds) or spoonable food and remove the need for any potentially painful chewing. Please consult your dietitian.

## If you don't have any appetite

1. Think small rather than big. If you can't face large meals, then opt instead for small, frequent meals or snacks. Try to identify which times of the day are better for you and try to eat then.
2. ONS like Fresubin can also be used as snacks or to supplement small meals and can be sipped slowly through the day.

3. Your appetite may well change, depending on whether you're having a good or bad day. So try to make the most you can of the good days by eating well and enjoying your favourite foods.

## If you have constipation

1. Increase the amount of fluids you drink per day. Fruit juices, water, and herbal or fruit teas are suitable. Avoid grapefruit juice, as it can interfere with certain drugs. Please consult with your doctor.
2. Popular natural remedies for constipation include prune juice, prunes and syrup of figs. You should also increase intake of sour foods e.g. soured milk products such as yoghurt, as well as sour juices.
3. Gentle exercise such as walking is often also an effective method for stimulating digestion and helping to keep your bowels moving.

## If you have diarrhoea

1. Ensure adequate fluid intake throughout the day. Drink water or herbal and fruit teas. Try to limit caffeinated, carbonated drinks and sparkling water, juices, sugar-enriched drinks, and alcoholic beverages.
2. Generally well-tolerated foods include: meat (avoid sausages), fish, potatoes, carrot, banana, apple, pasta, rice, cooked and steamed vegetables, bread, and cooked eggs. You should also try reducing intake of flatulent foods (e.g. cabbage, cauliflower, onions, beans) and limit quantities of fruit. Milk products such as non-fat yoghurt and fat-free, low fat or fat hard cheeses are a good source of proteins.
3. Cut down on your fibre intake (cereals, raw fruits and vegetables), and avoid greasy, fatty and spicy foods altogether.
4. Please consult with your doctor as you may need medications to help you.





## There is no substitute for sound medical advice

When it comes to making choices about your nutritional care, it is crucial that you take full advantage of the medical support available to you - through your doctor, pharmacist, dietitian and other healthcare providers.

First things first: be sure to have your nutrition assessed early on by a dietitian. The earlier the better in fact, as intervention to prevent the risk of becoming malnourished might well be a vital component of your medical care program.

With your own support team dedicated to your personal needs, you can establish a diet and nutritional supplementation together - based on your current nutritional status and your micronutrient needs.

Your nutritional requirements might change over time. It is important to build a close and trusted relationship with those medical professionals caring for you, especially your dietitian, to work together to plan for these changing needs as you pursue the path to recovery.



# A helping hand when nutrition is an uphill struggle

Depending on your individual situation and needs, your dietitian might recommend that you begin taking a course of Oral Nutritional Supplements (ONS). These supplements will provide an additional source of nutrients before, during and after your treatment.

During this period when nutrition is most challenging and most crucial, ONS can help you optimize your nutrition, take back control, improve your therapy outcomes and refocus on your taste for life.



## What exactly are ONS?

Oral Nutritional Supplements (ONS) are an effective source of nutrients in a balanced formulation and concentrated form. They are intended to regulate and maintain a good nutritional status for those either at risk of or suffering from malnutrition by closing the nutritional gap between your daily food intake and your body's needs.

They are high in energy and protein and contain all the necessary micronutrients in a concentrated format. They are available in various forms including as flavoured drinkable (sip feeds) or spoonable food. In the majority of cases ONS are intended to complement your diet rather than replace meals and snacks. When taken under the supervision of a dietitian over a prolonged period, they can help you to:

- **Feel better**
- **Keep up your strength, energy and immune functions**
- **Preserve your lean body mass and your body's store of nutrients**
- **Better tolerate treatment-related side effects**
- **Lower your risk of infection**
- **Heal and recover faster**
- **Improve your quality of life - and your overall Taste for Life**



# The effectiveness of ONS is scientifically proven

ONS are proven\* to have beneficial effects for cancer patients, including:

- ✓ increasing your nutritional intake
- ✓ retaining and improving your appetite and breathing, therefore increasing quality of life
- ✓ enhancing treatment tolerance
- ✓ lowering hospital admissions

Nutrition intervention has shown to reduce the decrease of, and improve the speed of recovery for, your overall quality of life and physical function.

ONS are recommended as a method of increasing energy, protein, and micronutrient intake, maintaining or improving nutritional status in patients who are undernourished or at risk of malnutrition.

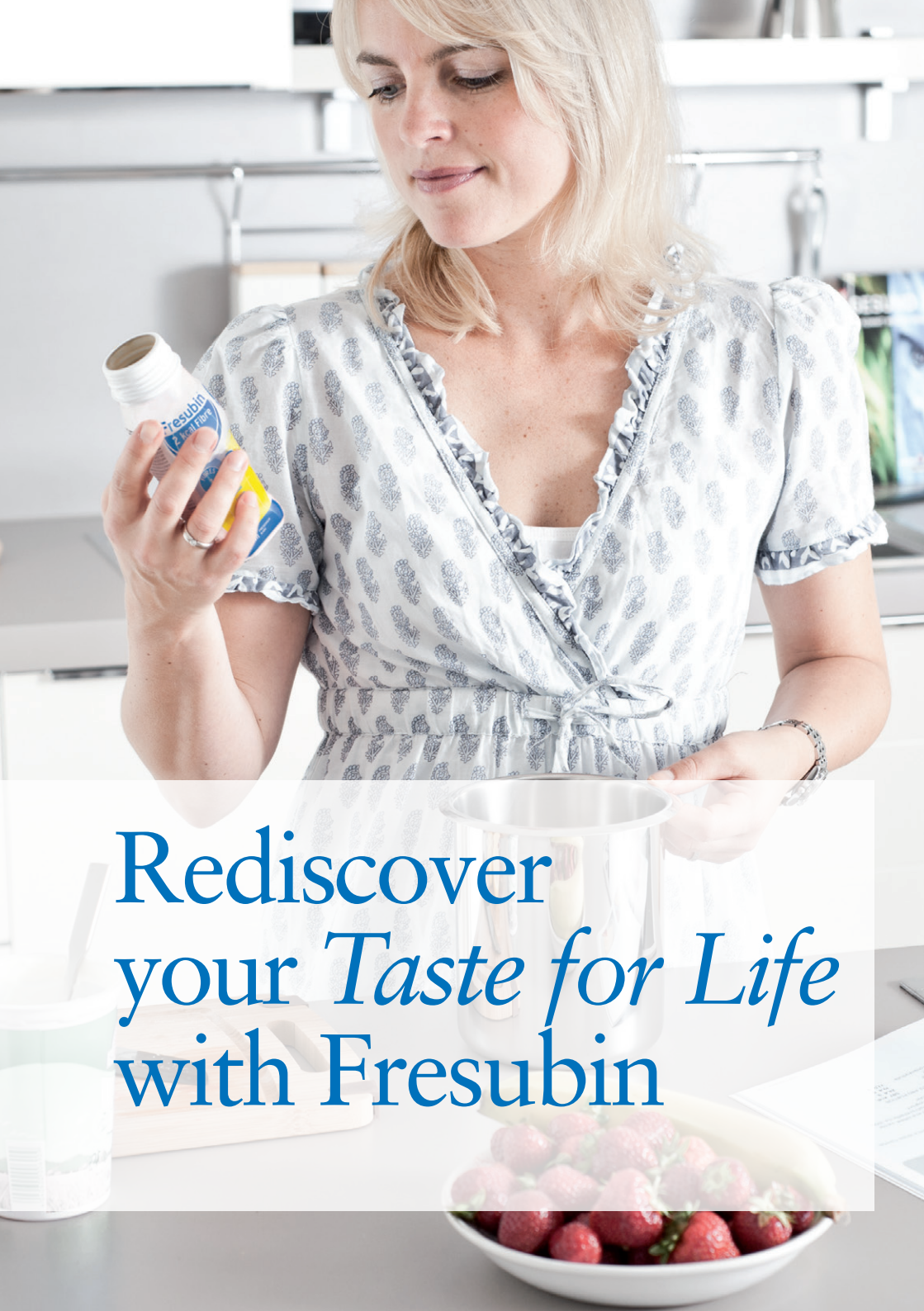
Be sure to seek the professional advice of your doctor or dietitian to identify if ONS is right for you, which kind of ONS is the most suitable, and how regularly your progress taking ONS should be assessed and reviewed. This will vary depending on your individual nutritional needs and cancer journey.



**ONS can help to increase your quality of life and tolerance to treatment, to overcome this challenging period in your life** - and in turn to provide you with the fuel for life so you can begin to rediscover your Taste for Life.

\* Baldwin, C et al. J Natl Cancer Inst 2012;104(5):371. Paccagnella, A et al. Support care cancer 2010; 18(7):837. Isenring, EA et al. J Am Diet Assoc 2007;107(3):404.





# Rediscover your *Taste for Life* with Fresubin



**Fresubin** is a reliable and effective ONS designed specifically for cancer patients who require supplementary nutrition, yet still want to enjoy flavour and individual choice.

-  high energy
-  high protein
-  vitamins
-  minerals
-  trace elements



# Fresubin can *bring variety* to your diet

The Fresubin range offers wide assortment of ONS solutions whenever you need them.

Ready-made drinks and spoonable dessert style supplements are available in a variety of flavours. Fresubin empowers you to make the choice that's best for you and refocus on all the things you love in life. In doing so, it helps you rediscover your Taste for Life.



## Effectiveness

Fresubin provides macro- and micronutrients as required by you. Just 400 kcal and 20 g protein, one bottle per day, is the effective dose for supplementary nutrition with a proven effect on improved patient outcomes.



## Convenience

The design and taste of Fresubin ONS facilitate usage and increase compliance.



## Reliability

People in need of nutritional support can be particularly vulnerable. So, we are acutely aware of the importance of quality and safety. We take great care to ensure the nutritional profile of our products fits perfectly for someone's diagnosis. We utilise the latest scientific evidence to make sure the best products and the best mixture of ingredients are used.

# Find the *right* format and flavours for your needs

## Supportan

A high protein supplement especially designed for the treatment of cancer. It's high in eicosapentaenoic acid (EPA) from fish oil to reduce weight loss and support immune function.

- **Supportan 1.5 kcal DRINK**

- ✓ specifically designed "EasyBottle"
- ✓ ergonomic format
- ✓ simple handling



### Supportan DRINK

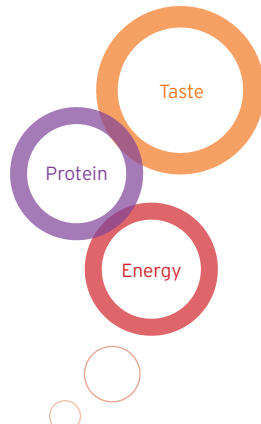
Pineapple-Coconut

Cappuccino

# 2 kcal Sip feeds

Provides high-energy and protein density, supporting your health and recovery, your nutritional status, overall well-being and quality of life.

- **Fresubin 2 kcal DRINK**
- **Fresubin 2 kcal Savoury DRINK**
- **Fresubin 2 kcal Fibre DRINK**



- ✓ specifically designed "EasyBottle"
- ✓ ergonomic format
- ✓ simple handling

**Just one bottle a day provides you with the minimum effective dose of energy, minerals and vitamins, as well as micronutrients to improve your nutritional status and increase your quality of life.**

<b>Fresubin 2 kcal DRINK</b>	<b>Fresubin 2 kcal Savoury DRINK</b>	<b>Fresubin 2 kcal Fibre DRINK</b>
Apricot-Peach	Tomato-Carrot	Chocolate
Cappuccino	Mushroom	Lemon
Toffee		Neutral
Vanilla		Vanilla



# Spoonable products

- **Fresubin 2 kcal Crème**
- **Fresubin YOcrème**

- Fresubin crème products:**
- ✓ excellent nutritional profiles
  - ✓ delicious taste
  - ✓ perfect alternative to drinks

<b>Fresubin 2 kcal Crème</b>	<b>Fresubin YOcrème</b>
Wild Strawberry	Apricot-Peach
Chocolate	Raspberry

**Please talk to your dietitian about your individual requirements.**



## Fresubin - by Fresenius Kabi

Fresubin is Fresenius Kabi's nutrition brand that you can drink or eat. This range of products is designed to support you through times of ill-health by helping to maintain strength and vitality with nutrition.

We have developed this range with expertise and passion as we care about your health. The result is effective and convenient products and services that you can trust.

**Let the Fresubin range help you  
Rediscover your Taste for Life.**



**FRESENIUS  
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caring for life

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