



**FRESENIUS
KABI**

caring for life

gnp NutriDiary

Check your nutritional status
day by day



gnp good
nutrition
practice
by Fresenius Kabi

Oncology

Content

How can cancer affect your nutritional condition?	4
Why is an adequate nutrition in cancer so important?	6
How can I detect malnutrition?	7
Check-up - Test your nutritional status	8
gnp NutriDiary	10
Monitor your weight	38



This gnp NutriDiary belongs to:



Dear Readers,

Eating and drinking are two of the bare essentials of everyday life. A varied, diversified and need-based diet contributes not only to our health but also to our general well-being and quality of life.

Unfortunately, normal food intake and an adequate supply of energy and essential nutrients are not always self-evident. Diseases or stressful situations in particular, such as cancer, can cause problems when it comes to nutrition.

In the so-called active phase of cancer, involuntary weight loss attributable to an imbalance between food intake and energy requirement frequently occurs. Continuous involuntary weight loss can lead to increased complications and impairs the chances of recovery.

Therefore, nutritional support is particularly important in this phase of the disease. Nutritional intervention can range from enriching the usual meals to "clinical" nutrition in the form of sip or tube feeding to clinical nutrition via the bloodstream (parenteral nutrition).

The main goal of nutritional therapy is to prevent or reduce weight loss to provide an optimal support for anti-cancer therapy and to increase your quality of life.

The gnp NutriDiary helps you to check your nutritional status and to document the progress day by day. This also allows you to monitor the success of the nutritional intervention and to reach nutritional goals more easily.

We are happy to support you!

Your gnp team

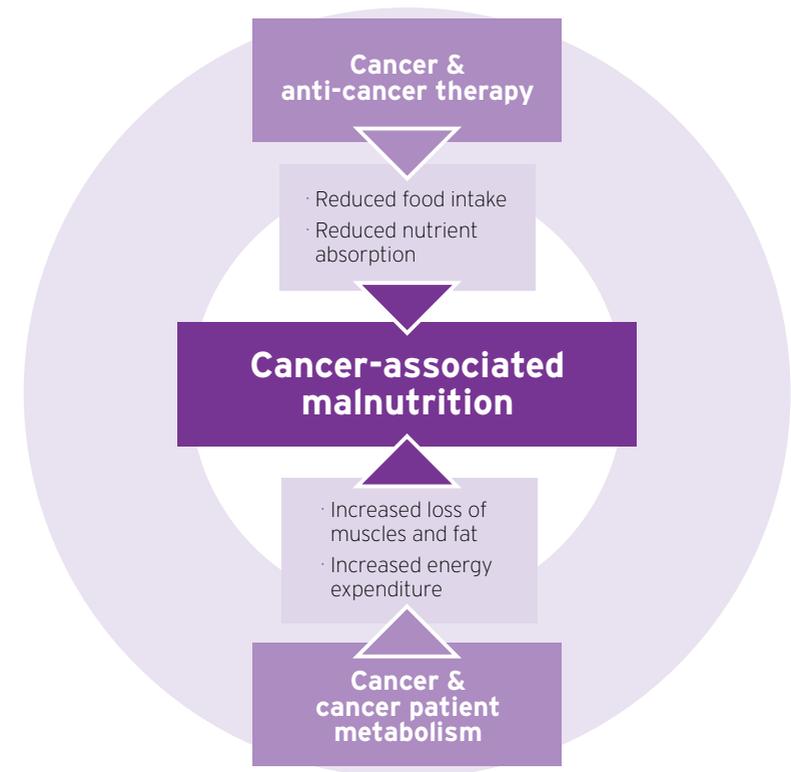
by Fresenius Kabi

How can cancer affect your nutritional condition?

Diseases can adversely affect the body's normal metabolism. For example, in cancer patients, the tumour and also the body's defense mechanism release certain substances which trigger inflammatory processes. This can increase the energy expenditure of the patient.

Decreasing appetite, altered sense of taste, but also chewing and swallowing difficulties and malfunction of the gastrointestinal tract can lead to insufficient intake of energy, protein, vitamins and other important nutrients.

Due to the resulting imbalance between nutritional intake and requirements the body then need to fall back on its reserves, i.e. fat deposits are burned and muscles melted down to provide energy.



Possible reasons for cancer-associated malnutrition

Very often, affected persons in this situation gradually lose weight or have already lost weight at the time of the diagnosis. However, the body needs more energy for upcoming therapies, as the situation can deteriorate even further during therapy.

Why is an adequate nutrition in cancer so important?

Increased energy turnover and need during cancer must be met with sufficient calories and nutrients. A nutritional therapy tailored to the individual requirements of the affected person is therefore crucial in minimising weight loss and preventing a deterioration in the nutritional status.

Improved nutritional status means better immunity, better performance and higher quality of life. It has been shown that a good nutritional status reduces complications after surgery and increases tolerance to therapeutic interventions such as chemotherapy and radiotherapy.

Nutritional therapy provides a variety of options for compensating nutritional deficiencies associated malnutrition and weight loss:

- Enriching the normal diet with extra energy
- Supplementing the diet with sip and tube feeding
- Parenteral nutrition via the veins

Your doctor or dietitian will advise you and help you to choose the correct nutritional support to meet your needs. Don't hesitate to ask them for help as soon as you notice any changes in your eating habits or your weight.



Good to know for surgery:

A healthy nutritional status already before surgery is a good basis for a speedy recovery and for reducing complications after the procedure. Therefore, it is important that the nutrient reserves are well filled before surgery. For major surgery it may be helpful to additionally consume sip feeds for seven to ten days before. Please ask your doctor.

How can you detect your nutritional status?

When your nutritional condition deteriorates, the body sends signals. For example, have you lost weight recently even though you were not trying to? Maybe your therapies are ruining your appetite? Do you experience discomfort when chewing or swallowing? Do you not enjoy eating anymore? Do you eat less? Regardless of the cause, a poor nutritional status is a gradual process that can often go unnoticed for a long time.

The **gnp NutriDiary**, which helps you to record not only your daily diet, appetite, body weight and physical health, but also any treatment-related symptoms, will help you here.

This enables you and your doctor to keep a clear overview and to regularly discuss the appropriate nutritional therapy to improve your well-being.



Check-up - Test your nutritional status

Has your appetite diminished, or have you been eating less recently? Yes No

Are you having less than three meals a day? Yes No

Do you avoid certain foods, e.g. because of intolerance? Yes No

Has your sense of taste changed? Yes No

Does your diet comprise (please tick «Yes» if at least one applies) Yes No

- Milk and dairy products less than 1x per day
- Meat, sausage, poultry, fish or eggs less than 5x a week
- Cereal products (e.g. bread, rice, pasta), potatoes, legumes, soy products less than 1x per day
- Fresh fruit and vegetables less than 2x per day?

Do you have any complaints that prevent you from eating, such as nausea, vomiting, or digestive problems? Yes No

Are you having problems with food intake, e.g. due to difficulties chewing or swallowing? Yes No

Are you worried that you may be eating too little or have an unbalanced diet? Yes No

Has involuntary weight loss occurred over the last few weeks (e.g. more than 5% within one month)? Yes No

Do you often feel tired, weak and exhausted? Yes No

Evaluation

If you have answered more than one question with “Yes”, this may already be an indication of an insufficient energy and nutrient intake. You should definitely talk to your attending doctor or a dietitian about it.



Good to know:

There are sip feeds which are particularly well suited for the increased needs of cancer patients. They are high in proteins and low in carbohydrates. These products are also rich in omega-3 fatty acids to support the immune system.



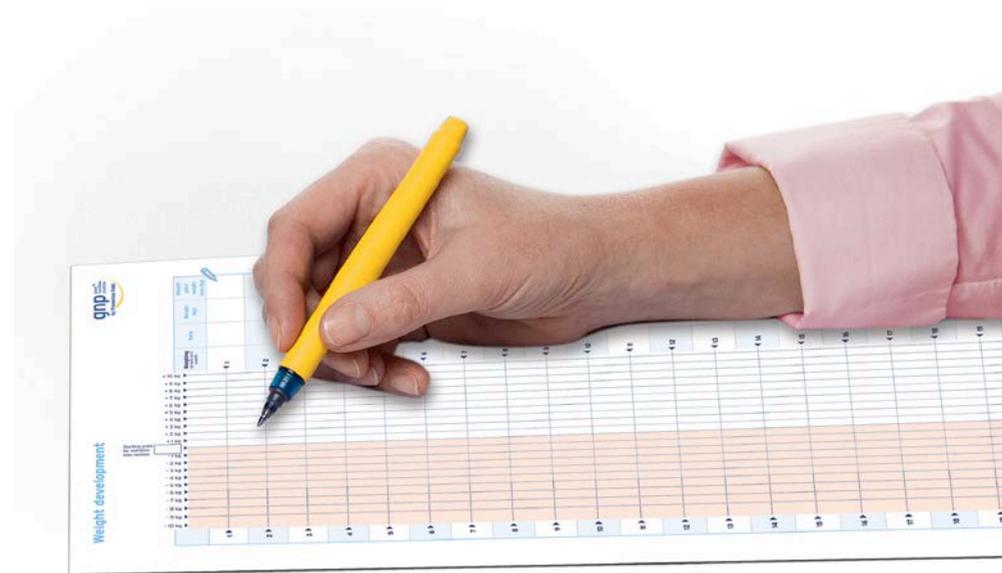
Please enter all relevant information about your diet and body weight into the appropriate columns of the **gnp NutriDiary** on a regular basis (daily or at least 3 times per week).

- You can document in the appropriate column how much you have eaten during the past few days compared to your usual meals before the disease, e.g. 100 %, 75 %, 50 %, 25 %, or less than 25 %. Please also note down if you currently consume or receive sip feeds, tube feeds or parenteral nutrition, and if so, how much. Using the table below, your doctor can determine the appropriate nutritional support, review it and adjust it to your needs.

Date	Current oral intake compared to usual meals before the disease (in %): ^Δ + Nutritional support	Weight in kg	Notes/Special events										
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^Δ *Oral Nutritional Supplement **Tube Feeds ***Parenteral Nutrition

- You should also log your body weight in the **gnp NutriDiary** at least 1x per week. The best time for weighing is in the morning, unclothed, after using the toilet - ideally on the same scale every time. Copy the weight into the weight development curve to get a good overview of your weight. You will find a fold-out weight curve at the back of this brochure. Please note here that water retention can distract from weight loss and a poor nutritional status..
- Please also enter any other important information about your appetite, your physical condition, and treatment-related symptoms such as nausea and bloating into the column «Notes/Special events».



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Good to know:

Omega-3 fatty acids from fish oil can have some beneficial effects in cancer. It is believed that they can have a positive effect on the metabolic changes that occur in cancer contributing to severe weight loss, and can thus reduce the latter.

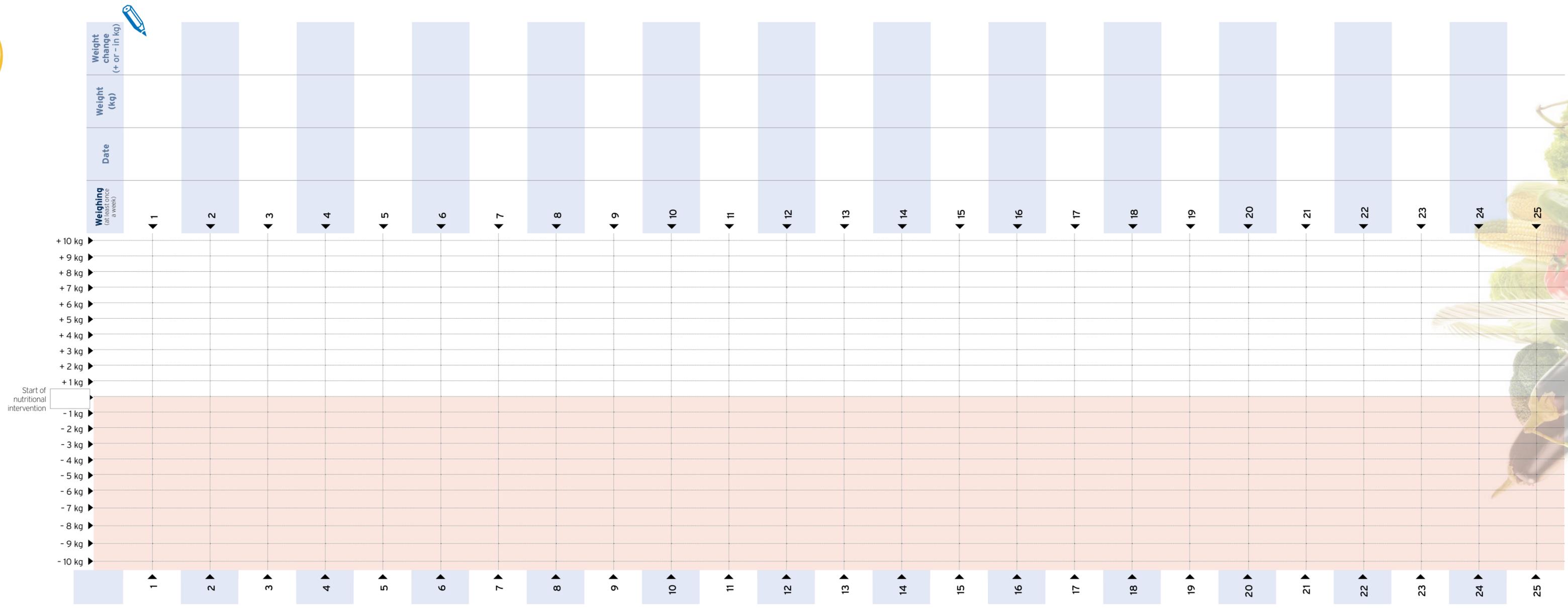
* Oral Nutritional Supplement ** Tube Feeds *** Parenteral Nutrition



Good to know:
 The nutritional status of patients consuming an insufficient daily diet and thus their energy and nutrient intake can be improved by daily sip feeding. This can have a very positive impact on the course of the disease. Fewer complications were observed in persons who received sip feeding.



Monitor your weight





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