



# Nutrition Services for Cancer Patients

At the Overlake Hospital Medical Center Outpatient Nutrition Clinic you can learn what good nutrition can do for you before, during and after cancer treatment.

The nutritionists at the Outpatient Nutrition Clinic are dietitians registered by the American Dietetic Association, so you can count on sound, practical and accurate nutritional guidance to help you cope with cancer side effects and maintain a healthy, vibrant lifestyle.

Individualized nutrition assessment and counseling is beneficial for all cancer patients but is especially helpful for patients who are:

- Coping with chemotherapy and radiation side effects such as nausea, poor appetite, sore mouth, constipation, diarrhea and dehydration.
- Having difficulty maintaining energy levels.
- Coping with fluctuating body weight.

- Interested in receiving guidance using nutritional supplements and meal replacement drinks.
- Managing tube feeding challenges.
- Interested in receiving nutrition advice to reduce the risk of cancer recurrence.

The benefits of proper nutrition before, during and after treatment may include:

- Improved tolerance of treatment.
- Decreased fatigue.
- Maintaining lean body mass.
- Prevention of dehydration.
- Improved healing and recovery.



**OVERLAKE** Hospital Medical Center  
Medical excellence every day™

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C A N C E R   C E N T E R

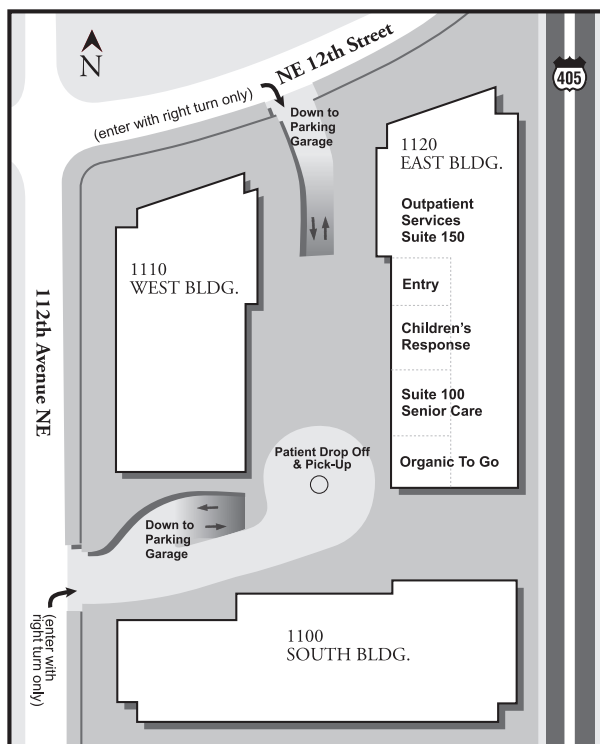
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# Nutrition Tips for Patients Undergoing Cancer Treatment:

- Eat small, frequent meals and snacks. Keep ready-to-eat snacks on hand.
- Sip fluids throughout the day. A minimum of eight cups of fluids per day are recommended, but some patients may require more.
- Take advantage of times when you have more of an appetite. If you typically feel better in the morning you may want to have your main meal earlier in the day.
- Don't forget protein – include foods such as yogurt, cottage cheese, milk, eggs, nuts and nut butters, meat and fish, tofu, beans and legumes. If these foods do not appeal to you, ask about protein powder supplementation.
- Eat healthy fats – nuts, seeds, nut butters, olive oil, wild salmon and avocados.
- Include brightly colored vitamin-rich fruits and vegetables – aim for a minimum of five servings per day.
- Incorporate whole grains and legumes in your diet.
- When family and friends ask to help, have them prepare meals and snacks to keep on hand or have them go grocery shopping for your favorite foods.
- Ask your doctor for a nutrition consultation referral if you need further information and assistance managing your nutrition needs.
- A nutritionist with special training in cancer and nutrition is available most Wednesdays in the Outpatient Center located at 1120 112<sup>th</sup> Ave NE, Suite 150 (across the freeway from the main hospital campus). To schedule an appointment, call 425-688-5700.
- The Cancer Resource Center on our main campus offers a wealth of information to help with understanding your cancer diagnosis and what to expect in managing the disease. For more information, contact us at 425-688-5986.

## Directions to Overlake Outpatient Center

Patient drop-off and pick-up is available in front of the 1120 building. Parking is located in the underground garage. Follow the blue signs toward the East building and take the East elevator to the first floor.



### I-405 NORTH

Take exit #13B towards NE 8th Street, heading WEST. Keep RIGHT at the first fork in the ramp. Keep LEFT at the second fork in the ramp. Take the NE 8th Street WEST ramp. Turn RIGHT on NE 8th Street. Turn RIGHT on 112th Avenue NE. Turn RIGHT at the "One Twelfth @ Twelfth" sign (just before NE 12th Street) and enter the driveway/parking garage.

### I-405 SOUTH

Take exit #13B towards NE 8th Street, heading WEST. Turn RIGHT on 112th Avenue NE. Turn RIGHT at the "One Twelfth @ Twelfth" sign (just before NE 12th Street) and enter the driveway/parking garage.

Outpatient Services is located in Suite 150.