Nutrition Management for Pancreatic Cancer

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Why is Nutrition Important?

• Malnutrition is common in cancer
• Better response and tolerance to treatment
• Early intervention important
Goals of Nutrition Therapy

- Manage nutrition related symptoms
- Maintain weight and protein status
- Adequate Fluids
- Control other nutrition related diseases
- Maximize quality of life

Pancreatic Cancer and Nutrition

- Weight loss prior to diagnosis
- Post surgical nutrition complications
- Side effects of treatment
- Malnutrition
  - Weight loss, wasting, anorexia
  - Loss of muscle and fat tissue
  - Inflammatory response by the tumor
Pancreas Functions

• Produce enzymes to digest food
• Produce insulin to move glucose from the blood to the cells to be used for energy

Lean Body Mass Loss

• Inability to heal and recover from surgery, illness or disease
• Decreased strength
• Increased risk of falls and fractures
• Weakened immune system and increased risk of infections
Nutrition Assessment

- Appetite/Diet History
- Special diet/preferences
- Living Arrangements
- Supplement use
- Symptoms
- Mental Status

Side Effect Management

- Nausea/Vomiting
- Taste Alterations
- Appetite Changes/Weight Loss
- Early Satiety
- Diarrhea/Constipation
- Malabsorption
- Glucose Intolerance
Nausea/Vomiting

- Avoid greasy, fried, spicy foods
- Dry, bland foods
- Foods at room temperature
- Eliminate strong odors
- Small meals
- Avoid empty stomach
- Anti emetics

Taste Alterations

- Practice good oral care
- Experiment with new foods
- Use plastic utensils, cups, bottles
- Vary temperatures
- Zinc supplement?
- Marinades, tart, acidic flavors
Appetite, Early Satiety

- Nutrient Dense Foods
- 6 small meals
- Plan meals and snacks
- Decrease fat portions
- Increase Activity

Diarrhea

- Causes:
  - Dumping (post surgery)
  - Treatment side effects
  - Pancreatic Insufficiency
Diarrhea

• Increase soluble Fiber
• Decrease Insoluble Fiber
• Limit sugar alcohols
• Lactose
• Probiotics
• Fluids between meals
• Avoid hot liquids

Pancreatic Insufficiency

• Cramping with meals
• Indigestion
• Increased amounts of gas
• Foul smelling stools/gas
• Floating stools, greasy
• Weight Loss
• Increased frequency
Pancreatic Insufficiency

- Take enzymes at beginning of meal/snack and throughout
- Manage dosage with the fat content of meal
- Dosage based on elimination of symptoms
- Antacid as needed
- Titration of enzymes

Constipation

- Warm Fluids
- Increase activity
- Limit gas producing foods (including straws, gum, carbonated drinks)
- Fiber
Glucose Control

- Limit simple sugars, refined carbohydrates
- Combine foods
  - Protein, fat, fiber
- Medication management

Protein

- Lean meats
  - Fish, chicken, turkey, beef
- Beans, lentils
- Eggs
- Yogurt, milk and cheese
- Nuts, Nut butters
- Soy
Fat Sources

• Limit saturated added fats:
  • Butter, lard, margarine

• Nuts and Seeds
• Avocado
• Olive and Canola Oil

Increase Fluid Intake

• Water
• Juice
• Milk
• Broth
• Tea
• Jell-O
• Sport Drinks
Nutrition Supplements

- Ensure/Boost
- Clear/Breeze
- Glucerna
- Unjury
- Orgain/Enu
- Protein powder

Supplements?

- Adequate diet: One a Day
- Dietary Supplements
  - Vitamins and Minerals
  - Herbs
- Omega 3/Fish Oil
- Interactions with conventional treatment
Long Term Nutrition

- Plant Based Diet
- Healthy Fats
- Reduce intake of red meats
- Limit salted, cured, smoked foods
- Increase Activity
- Continue enzymes