

Nutrition and Physical Activity for the Management of Cervical Cancer

Alexia Alford

“Thanks to
radiotherapy
I had a **fair**
chance
against
cancer”

Together in the Fight against Cervical Cancer

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Vienna International Centre



Why is nutrition and physical activity important during cervical cancer treatment?

Poor nutrition status is associated with...

Decreased treatment tolerance

Longer hospital stays

Higher rates of hospital admissions

Increased treatment delays

Delayed recovery from infections

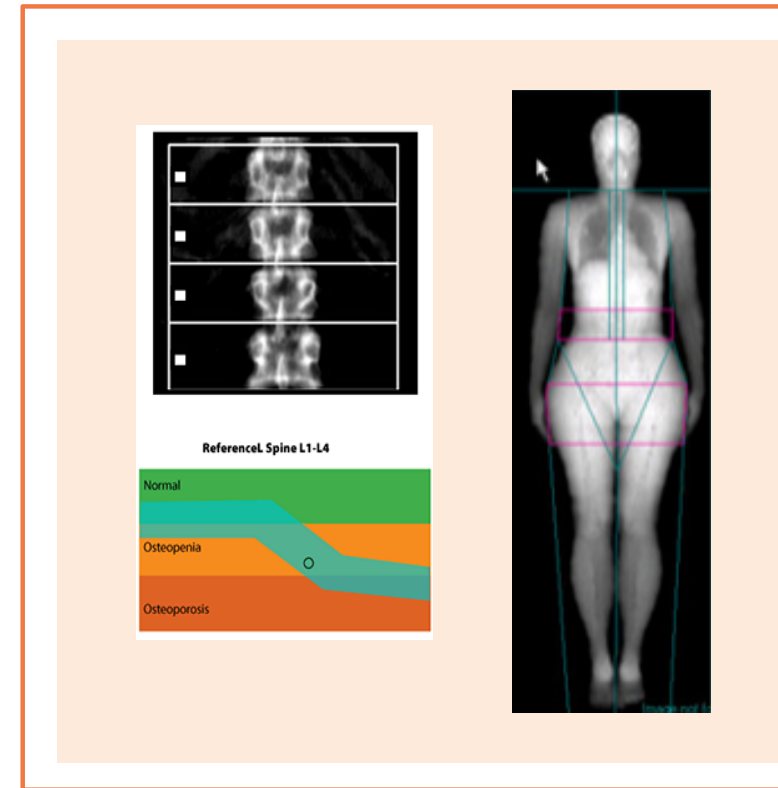
Lower quality of life

Increased side effects

Higher mortality rates

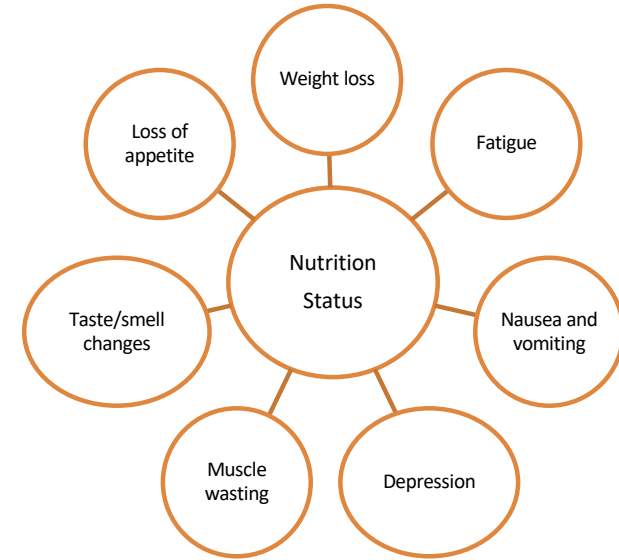
Medical Nutrition Therapy

1. **Diet history**
 - Low intake of fruits and vegetables
2. **Dual Energy X-ray Absorptiometry**
 - 28% fat *Healthy*
 - -1.8 SD Bone density *Low bone mass*
3. **Consideration of treatment protocol**
 - Nutrition related side effects
 - Diarrhea, Nausea and fatigue



Medical Nutrition Therapy Goals

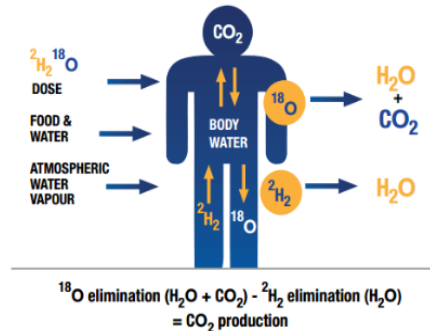
- To manage the short term nutrition related side effects of treatment to promote recovery
- To develop healthy nutrition and physical activity habits to improve health and quality of life in survivorship



Nutrition and Physical Activity during Treatment

- **↑ energy requirements & ↓ nutrient absorption**
 - Increase protein intake (1.2 to 2 g/kg/day)
 - Balanced diet
- **Nausea and lack of appetite**
 - Eat 6-8 small meals
 - Stay hydrated
- **Muscle wasting**
 - Participate in whole-body exercise 3 x week
 - Monitor body composition every 6 months

Isotope technique to determine energy requirements



DXA to determine body composition and bone density



Annual Surveillance

- PAP test
- Pelvic exam

Monitor for late effects

- Colonoscopy
- Bone Health
- Radiation side effects

Risk Reduction

- Lifestyle risk assessment
- Cancer screening
- CVD risk reduction

Psychosocial Functional

- Social support
- Financial stressor

Nutrition and Physical Activity in Survivorship

1. Maintain a healthy body composition
2. Eat plant based diet
3. Be physically active as part of daily activities
4. Limit red and processed meats
5. Limit alcohol
6. Limit salt intake
7. Avoid sugary drink and energy dense foods

IAEA Nutrition – Cancer

Prevention

Diet quality
Obesity

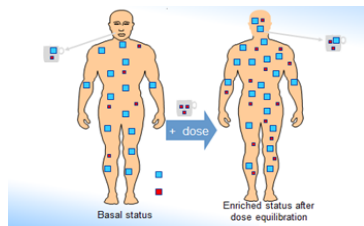
Management

Nutrition related side effects
Sarcopenia
Obesity

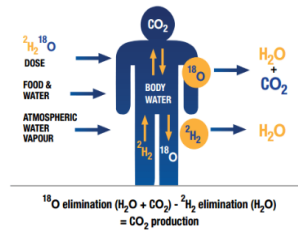
Survivorship

Sarcopenia
Obesity
Osteoporosis

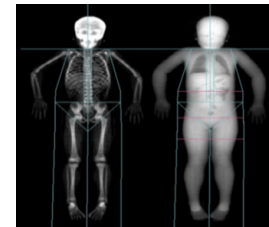
IAEA Nuclear Nutrition Techniques



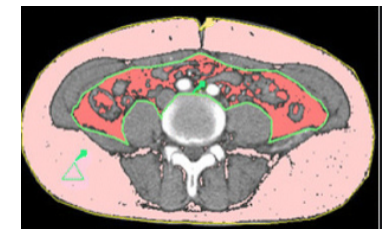
**Body Composition -
Deuterium dilution**



**Energy Expenditure -
Doubly Labelled Water**



DXA



CT Scan