



预防体重减轻— 为何这对癌症患者来说很重要？

营养是您保持身心健康所需的饮食。癌症患者务必要保证良好的营养。

食物是您身体的燃料。饮食是您的能量、蛋白质、维生素以及矿物质的来源。您需要这些物质来维持身体的正常机能。您如果没有供给身体足够的燃料(饮食),则可能造成体重减轻。如果发生这种情况,您会有罹患营养不良的风险。

虽然营养不良常见于癌症患者,但它不一定总是癌症的副作用。在癌症历程的每个阶段,都应该要预防营养不良——因其可能导致诸如以下的问题:



治疗的副作用、感染的风险以及住院的时间



肌肉力量、治疗的效果、免疫系统的功能以及伤口愈合情况



您可知道:每4个癌症患者就有1个有营养不良?

Preventing weight loss — Why is it important for people with cancer?

Nutrition is the food and drink you need for your health and wellbeing. Good nutrition is important for people who have cancer.

Food is your body's fuel. What you eat and drink gives you energy, protein, vitamins and minerals. These are all needed to make sure your body works well. If you do not give your body enough fuel (food and drink) this can cause weight loss. If this happens you are at risk of malnutrition.

Malnutrition is common in people with cancer, but is not always a side effect of cancer. Malnutrition should be prevented at all stages of the cancer journey as it can cause problems such as:



Side effects from treatment, the chance of infection, time spent in hospital



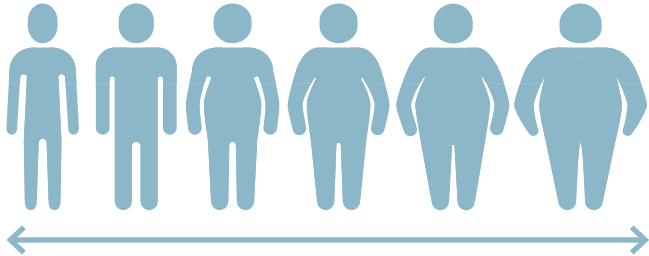
Muscle strength, how well treatment works, how well your immune system works, wound healing



Did you know that **1 out of every 4** people with cancer are malnourished?

患者无论体重、体型或身材如何, 都有可能罹患营养不良

务必要明白: 任何人都有可能罹患营养不良。这与您的身材、体型、是否超重或体重过低均无关。您仍然可能会有肌肉萎缩, 令您感到虚弱, 并无法处理日常事务。



癌症患者为什么会有罹患营养不良的风险?

许多因素都可能增加营养不良的风险, 包括:

- 癌症与癌症治疗可能会:
 - » 导致身体消耗更多能量和蛋白质(燃料)。
 - » 令患者进食更加困难。
- 感觉不适。
- 带来压力、忧虑以及疲惫感。

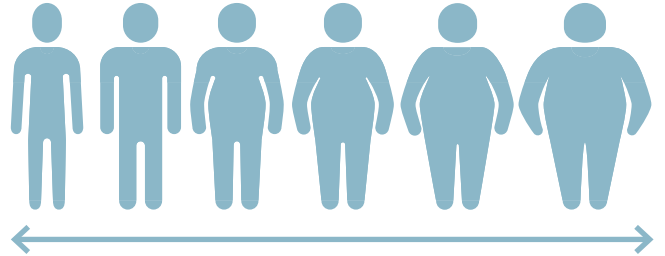
您会有营养不良吗?

有时候难以判断您是否患有营养不良。某些体征包括:

- 在没有主动尝试减肥的情况下, 体重减轻。您需要收紧腰带。觉得衣服宽松了。
- 吃得比平时少了。

Malnutrition can happen at any weight, shape or size

It is important to understand malnutrition can happen to anyone. It does not matter what size or shape you are or if you are overweight or underweight. You can still lose muscle, which can make you feel weak and not able to do your everyday tasks.



Why are people with cancer at risk of malnutrition?

Many factors can increase the risk of malnutrition, including:

- Cancer and treatment for cancer can:
 - » Cause your body to use more energy and protein (fuel).
 - » Make it more difficult to eat.
- Feeling unwell.
- Stress, worry and feeling tired.

Could you have malnutrition?

Sometimes it is hard to tell if you have malnutrition. Some signs include;

- You have lost weight without trying. You need to tighten your belt. Your clothes feel loose.
- You are eating less than usual.

如何预防或控制营养不良？

蛋白质食物对营养不良的预防与控制有着重要作用。在治疗与康复期间，蛋白质食物帮助身体生长并修复肌肉。首先要在正餐之中加入蛋白质食物，并在正餐之间尝试吃些含蛋白质的零食。

高蛋白食物包括：



肉类 (牛肉、羊肉、猪肉、山羊肉、袋鼠肉以及小牛肉)



禽类 (鸡肉、火鸡肉以及鸭肉)



鱼类与海鲜 (鱼、虾以及螃蟹)



蛋类



乳制品 (全脂牛奶、奶酪、酸奶、蛋奶冻、雪糕、奶昔、冰沙以及豆奶制品)

注：坚果、燕麦以及米浆的蛋白质含量通常较低。



坚果和种子 (全坚果/种子、花生酱)



豆类 (扁豆、四季豆、烘豆以及鹰嘴豆)



豆腐

What can you do to prevent or manage malnutrition?

Protein foods are important to prevent and manage malnutrition. Protein foods help your body to build and repair muscle during treatment and recovery. Eat the protein part of your meal first, and try to snack on protein foods between meals.

High protein foods include:



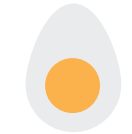
Meat (beef, lamb, pork, goat, kangaroo, veal)



Poultry (chicken, turkey, duck)



Fish and seafood (fish, prawns, crab)



Eggs



Dairy (full cream milk, cheese, yoghurt, custard, ice cream, milkshakes, smoothies, and soy based products)

Note: Nut, oat and rice milks are generally lower in protein.



Nuts and seeds (whole nuts/ seeds, peanut butter)



Beans (lentils, kidney beans, baked beans, chick peas)



Tofu

在没有主动尝试减肥的情况下您的体重曾经减轻过吗？

您的体重如果减轻了，您可能需要更多**能量**为身体补充燃料。在您的正餐与零食中加入**高能量食物**，例如：

- 包括牛油与奶油在内的全脂乳制品。
- 包括植物油、人造黄油、牛油果以及花生在内的脂肪与油类。

还可以做些什么其他事情来预防或控制营养不良吗？

- 每隔几个小时吃一小顿饭和零食。
- 感到很饿时，多吃一点。
- 记下您的饮食份量以及体重变化。
- 坚持做运动，以帮助肌肉生长与修复。
- 您如果正在服用任何营养品、维生素或草补充剂，则需告知您的医生或护士。这点重要——因为它们可能会影响到药效与疗效。

何为营养师？

营养师是食物与营养方面的专家。每个人都有不同的营养需要。营养师可帮助您满足自己的营养需要，以预防及应对营养不良。

您如果认为自己可能患有营养不良，则应该看营养师。

如何找到营养师？

- **您目前如果正在接受癌症治疗**，则可要求您的医生或护士介绍您去看医院或保健服务机构的营养师。
- **您目前如果并非在接受治疗**，则可在您当地的保健服务机构或所在社区找到营养师。您也可以要求医生给您介绍。

Have you lost weight without trying?

If your weight has reduced you might need more **energy** to fuel your body. Add **high energy foods** to your meals and snacks, such as;

- Full cream dairy products including butter and cream.
- Fats and oils including vegetable oil, margarine, mayonnaise, avocado, peanut butter.

What else can you do to prevent or manage malnutrition?

- Eat small meals and snacks every few hours.
- Eat more when you feel most hungry.
- Take note of how much you eat and drink, and of any change to your weight.
- Stay active to help build and repair your muscles.
- If you are taking any nutrition, vitamin or herbal supplements, tell your doctor or nurse. This is important because they can affect how your medications and treatments work.

What is a dietitian?

A dietitian is a specialist in food and nutrition. Every person has different nutrition needs and a dietitian can help you to meet your own nutrition needs to prevent and manage malnutrition.

If you think you might have malnutrition, you should see a Dietitian.

How can you find a dietitian?

- **If you are currently having treatment for cancer**, you can ask your doctor or nurse to refer you to a dietitian in your hospital, or health service.
- **If you are *not* currently having treatment**, you can find a dietitian at your local health service, or in your community. You could also ask your doctor to refer you.

从哪里获得更多的信息

- 拨打电话 **13 14 50**, 联络 Cancer Council (癌症协会), 与会说您的语言的癌症专科护士交谈。您也可以发电邮至:
askanurse@cancervic.org.au
- 浏览 Cancer Council Victoria 的网站:
www.cancervic.org.au/living-with-cancer/nutrition, 以下载或订阅免费版本的 *Nutrition and Cancer* (《营养与癌症》) (只有英文版)。

鸣谢

这些信息经过内容调整, 采自 Cancer Council Victoria (维多利亚州癌症协会) 的资源, 名为: *Understanding Malnutrition and Cancer* (《认识营养不良与癌症》)。此版本由 Victorian Cancer Malnutrition Collaborative (VCMC) 与 Cancer Council Victoria 联手审定, 并获得 Western and Central Melbourne Integrated Cancer Service 的资助。

这些资料以有关营养不良与癌症的最新研究(出版时为准)为基础, 在各科医疗专业人员以及受癌症影响的人士共同帮助下, 得以成功定稿。该资料单旨在提供普通概要, 不能代替专业医疗意见。

Where to get more information

- Call Cancer Council **13 14 50** to speak to a cancer nurse in your language. You can also email **askanurse@cancervic.org.au**.
- Visit Cancer Council Victoria's website **www.cancervic.org.au/living-with-cancer/nutrition** to download or order a free copy of *Nutrition and Cancer*.

ACKNOWLEDGEMENTS

This information has been adapted from a Cancer Council Victoria resource titled; *Understanding Malnutrition and Cancer*. The review of this edition was a collaboration between the Victorian Cancer Malnutrition Collaborative (VCMC) and Cancer Council Victoria, and funded by Western and Central Melbourne Integrated Cancer Service.

This information is based on recent research on malnutrition and cancer (at the time of publication) and has been developed with help from a range of health professionals and people affected by cancer. This fact sheet is intended as a general introduction and is not a substitute for professional medical advice.