

Contents

Editors	ix
Contributors	xii
Reviewers	xv
Abbreviations	xvii
Acknowledgements	xx
Preface	xxi
1 Introduction	1
2 Basic Concepts of Nutrition	3
Energy and Protein Balance	3
Appetite and Its Control	4
Metabolism of Macro- and Micronutrients	4
Body Composition Assessment	7
Diagnosis of Malnutrition	9
Influence of Undernutrition on Physiological Functioning	11
Physiological Function and Deficiency States of Trace Elements and Vitamins	12
Obesity in Cancer Patients	13
Goals of Nutritional Therapy	14
Nutritional Requirements of Adults	14
Diet and Dietary Patterns	15
Further Reading	16
3 Role of Nutrition in Cancer Prevention	18
Basic Concepts of Nutrition	18
Body Fatness	18
Physical Activity	19

	Plant Food	20
	Red Meat	21
	Processed Meat	21
	Alcohol	22
	Dietary Supplements	23
	Other Food Groups Associated With Cancer	23
	Conclusion	23
	Further Reading	23
4	Psychosocial and Cultural Aspects of Nutrition	26
	Clinical Guidelines	27
	What Psychosocial Issues Related to Nutrition Do Cancer Patients Face?	27
	How Can Healthcare Professionals Help?	29
	Culturally Sensitive Communication to Help the Patient Cope with Eating Problems	30
	Coping with Eating-related Distress	31
	What About the Family?	32
	Conclusion	34
	Further Reading	34
5	Nutritional Counselling and Intervention	37
	Individualised Nutritional Counselling	37
	Goals of Individualised Nutrition in Cancer	39
	What Does the Evidence Show About the Benefits of Individualised Nutritional Counselling?	41
	Conclusion	42
	Key Messages	43
	Further Reading	43
6	Cancer and the Nutritional Status	46
	Evaluation of the Nutritional Status of a Patient with Cancer	46
	Cancer Anorexia and Cachexia: Causes and Treatment Options	49
	Conclusion	51
	Further Reading	51

7	Cancer Treatment and Nutrition	53
	Nutritional Support During Cancer Treatment	54
	Impact of Food on Anticancer Drugs (e.g. Interactions Between Anticancer Drugs and Nutritional or Herbal Supplements)	59
	Monitoring of Nutritional Support During Cancer Treatment	61
	Use/Indications of Parenteral and Enteral Nutrition During Cancer Treatment	63
	Further Reading	67
8	Nutritional Support for the Advanced Cancer Patient	69
	Nutritional Support During Best Supportive Care	69
	Clinical Situations for Nutritional Support	70
	Reasons to Consider Initiation, Withholding and/or Withdrawing Artificial Nutrition and Hydration in Patients Who Are Imminently Dying	72
	General Principles of Nutritional Support	73
	The Role of Ketones	74
	Further Reading	75
9	Nutrition in the Older Patient with Cancer	78
	Step 1: Recognise the Risk Factors of Cachexia in Older Adults with Cancer	80
	Step 2: Perform Nutritional Screening and Assessment in Older Adults with Cancer	83
	Step 3: Manage Nutritional Impairments in Older Adults with Cancer	84
	Conclusion	85
	Further Reading	85
10	Energy Balance, Nutrition, Cancer Incidence and Survivorship	88
	Energy Balance and Cancer Risk	88
	Energy Balance in Cancer Survivorship	90
	Mechanisms	92
	Further Reading	95

11	Navigating Nutritional Decision-Making	97
	An Association Should Not Imply Causation:	
	Understanding Studies with Different Designs	97
	Secondary Outcomes Should Not Guide Definitive Clinical	
	Recommendations	100
	Missing Data Can Mislead	102
	Further Reading	103
12	Implementation Science to Advance Nutritional Care	
	in Cancer	105
	Why Do We See These Evidence-Practice Gaps in	
	Nutritional Care in Cancer?	106
	The Rationale for Using an Implementation Science Strategy to	
	Improve Adherence to Evidence-Based Nutrition Guidelines?	107
	How to Implement Nutritional Care as Part of Cancer Care,	
	the Practical Perspective	110
	Conclusion	112
	Further Reading	112
13	Health Economics in Oncology Nutrition Research	115
	Defining Health Economics	116
	Measuring Economic Outcomes – Potential Approaches	117
	Cost-Benefit Analysis	117
	Health Economics in Nutrition Research	120
	Further Reading	121
	Index	124

Does this Table of Contents interest you? Would you like to read more?

If you are an ESMO Member, simply log in to your account to [download the complete book](#) along with over 20 other titles on a broad range of topics - all of them written to assist you in your daily practice.

If not an ESMO Member, then consider joining!

ESMO Members belong to a global community of over 28,000 oncology professionals. Membership provides you many other benefits, including:

- **Full access to ESMO educational and scientific resources**, all centralised on our portal OncologyPRO
- An **online subscription to Annals of Oncology**
- A wide range of **exclusive courses and learning opportunities** for every stage of your career
- **Reduced registration fees** for ESMO meetings

[Discover more](#) and [join ESMO](#) today!