

LIVING WELL WITH MYELOMA
WEBINAR SERIES

NUTRITION

What Myeloma Patients & Caregivers
Need to Know

Thursday, June 1, 2017

Duration: 60 minutes (including Q & A)



with support from:



myeloma.org



Kylie Buchan, RD, CSO, LD

Outpatient Oncology Dietician
Savor Health

Overview

- Importance of nutrition
- Management of treatment related side effects
- Food safety
- Multiple myeloma complications
- Nutrition and survivorship
- Questions



Importance of Nutrition

- Maintain weight and body stores
- Better tolerate treatment- related side effects
- Lower risk of infection
- Heal and recover faster
- Better quality of life



Nutrition Goals During Treatment

- Maintain body weight
- Adequate protein intake
- Adequate hydration status
- Remain physically active



Side Effect Management

- Decreased appetite
- Diarrhea
- Constipation
- Nausea and Vomiting
- Taste Issues
- Fatigue
- Low blood counts



Decreased appetite

- Eat small meals often (5-6 times daily)
- Drink fluids in between meals
- Physical activity prior to a meal
- Add extra calories to the foods you are eating
- Take advantage of “good” days and times
- Medications to help increase appetite



Diarrhea

- Adequate hydration
- Low fiber or bland diet
- Avoid caffeine and added sugar
- Speak with physician regarding anti-diarrheal medication regimens



Constipation

- Adequate hydration
- Increased fiber intake and physical activity
- Foods that may help constipation
 - Prunes and raisins
 - 100% fruit juice
 - Senna tea
- Speak with physician regarding a bowel program

Nausea and Vomiting

- Small, frequent meals
- Bland, cold or room temperature foods
- Loose fitting clothing
- Foods that may help nausea
 - Ginger
 - Peppermint
- Take anti-emetics as prescribed



Taste Issues

- Metallic Taste
 - Use plastic-ware
 - Avoid metal pots and pans, cups, etc.
- Tart foods and candies
- Rinse mouth out before meals
- Add distinct flavors, marinades



Maintain Adequate Nutrition by...

- Eating small meals or snacks every 2-3 hours
- Treating food like medicine
- Staying on top of side effects
- Asking for help from family, friends, community resources
- Cooking in bulk when you are feeling good



Fatigue

- Small, frequent meals
- Reduce your intake of sweets and sugars
- Be active – small spurts of activity several times a day may work best
- Get adequate rest
- Talk with your doctor about stress and feelings of depression



Low Blood Counts

- Well-balanced diet
 - Adequate protein intake
- Food safety
 - Prevent infections



Food Safety

- Wash your hands as often as possible
- For individuals undergoing stem cell transplant, more extensive food safety guidelines will need to be followed – you will receive these guidelines from your hospital or clinic



Food Safety

- Keep raw foods separate from prepared foods
- Use disposable paper towels for cleaning counters and drying hands
- Always thaw, marinate meats in the refrigerator.
- Refrigerate or freeze leftovers within an hour.
- Cook meat, poultry, eggs, and seafood thoroughly



Food Safety

- Avoid
 - Unpasteurized dairy products
 - Moldy and soft cheeses
 - Unwashed fruits and vegetables
 - Wash with vinegar mixture
 - Buffets, salad bars, deli counters
 - Raw nuts, honey, cider, sprouts, and sushi



Multiple Myeloma Complications

- Anemia
- Bone loss
- Hypercalcemia
- Renal issues
- Hyperglycemia



Anemia

- Caused by MM, not always because of nutritional deficiency
- Multiple blood transfusions can cause iron overload
 - Caution with iron supplements
- Iron-deficiency anemia
 - High iron foods
 - Plant based vs. animal based
 - Vitamin C increases absorption
 - Avoid calcium supplementation and tea with meals



Bone Loss

- Nutrition
 - Well balanced diet
 - Calcium, Vitamin D, Magnesium, and Vitamin K intake
- Bisphosphonates (Zometa)
 - Calcium and Vitamin D supplementation
- Weight- bearing exercise
- Avoid smoking and alcohol
- Low dose radiation



Hypercalcemia

- Dietary calcium intake does not need to be restricted
- Supplements, antacids, and vitamin D
 - Tell your physician about any over the counter supplements you might be using
- Adequate hydration

Kidney Health

- General well-balanced diet
- Adequate fluids
- Limit sodium intake < 2000mg per day
- Protein needs are variable based on renal labs and clinical picture



Hyperglycemia

- Effects from dexamethasone
- Nutrition
 - Achieve and maintain a healthy body weight
 - Physical activity
 - Restrict intake of sweetened beverages
 - Pair complex carbohydrates with protein
 - Choose fish, lean meats, and poultry

Dietary Supplements

- Always check with your physician regarding supplement use
- Velcade
 - Green tea
 - Moderation of tea intake, avoid on day of treatment
 - Avoid supplements of green tea or EGCG
 - Vitamin C
 - Do not need to reduce intake from food

Survivorship

- Maintain a healthy body weight
- Adopt a physically active lifestyle
- Eat whole foods, limit processed foods
 - Fruits and vegetables
 - Whole grains
 - Limit red meat (beef, pork, and lamb)
 - Limit processed meats
 - Strive for 2 servings (3 oz) of fatty fish per week
- If you drink alcohol, limit consumption
 - No more than 1 drink per day for women, two per day for men



The New American Plate- AICR

2/3 or more
vegetables, fruits,
whole grains and
beans

1/3 (or less)
animal protein



Nutrition During Survivorship

Putting it into practice:

- Make half of your plate non-starchy vegetables
- Shop on the perimeter of the grocery store
- Include 1 colorful fruit or vegetable in each meal daily
- Eliminate 1 sweetened beverage and replace it with water
- Strive to keep meat portions to $\frac{1}{4}$ of your plate
- Try a new whole grain
- Make 1 vegetarian dinner per week



Physical Activity

- Discuss your physical activity plans with your physician
- Strive for 30 minutes of moderate activity 5 days per week
 - Begin at a safe starting point for yourself (5 mins, 10 mins) and increase over time.
- Two times per week include stretching and strengthen training



Physical Activity

- Putting it into practice:
 - Find an exercise buddy
 - Walk for 10 minutes every hour of sitting
 - Find a fun physical activity that you enjoy
- If limited on your activity or confined to a bed
 - Talk to your healthcare team about doing physical therapy



Blueberry Green Nut Butter Smoothie

Ingredients:

- 3/4 cup frozen blueberries
- 1 cup kale or spinach
- 1 Tb peanut butter
- 3/4 cup milk
- 1/2 frozen or fresh banana
- 2 Medjool dates, pitted
- 1/2 cup ice

Instructions:

- Place ingredients in blender
- Blend until smooth

Excerpted from The Meals to Heal Cookbook by Susan Bratton and Jessica Iannotta, MS, RD,CSO,CDN. Copyright © 2016. Available from Da Capo Lifelong Books an imprint of Perseus Books, LLC, a subsidiary of Hachette Book Group, Inc.

References

- International Myeloma Foundation

- www.myeloma.org

American Institute for Cancer Research

- www.aicr.org

- 800-843-8114

- American Cancer Society

- www.cancer.org

- 800-227-2345



Additional Resources

- General Information, Nutrition, and Physical Activity
 - National Cancer Institute
 - www.cancer.gov
 - Academy of Nutrition and Dietetics
 - www.eatright.org
 - Find a CSO in your area
 - www.oncologynutrition.org
 - **Savor Health**
 - **888-721-1041**
 - **www.savorhealth.com**



Q&A

Infoline: 1-800-452-2873

Mon-Fri 9am-4pm PST

infoline@myeloma.org

myeloma.org



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