# 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:









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</li>
- 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

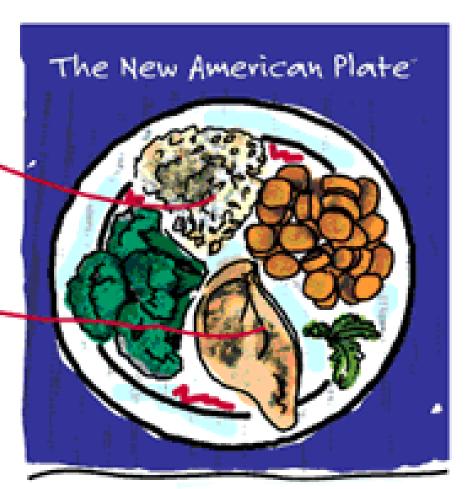
- Maintain a healthy body weight
- Adopt a physically active lifestyle
- Eat whole foods, limit processed foods
  - Fruits and vegetables
  - Whole grains
  - Limit red meat (beef, pork, and lamb)
  - Limit processed meats
  - Strive for 2 servings (3 oz) of fatty fish per week
- If you drink alcohol, 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 tess) 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 ¼ 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
- <sup>3</sup>/<sub>4</sub> cup milk
- ½ frozen or fresh banana
- 2 Medjool dates, pitted
- ½ cup ice

#### **Instructions:**

- Place ingredients in blender
- Blend until smooth

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#### 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

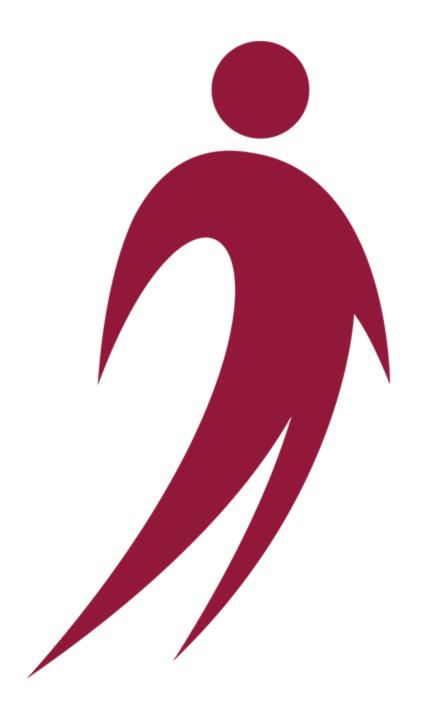
Mon-Fri 9am-4pm PST

infoline@myeloma.org myeloma.org



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