

## Cancer Diet: Pre, During and Post Treatment

Gloria Colson\*

Department of Oncology, University of Pretoria, Pretoria, South Africa

\*Corresponding author: Colson G, Department of Oncology, University of Pretoria, Pretoria, South Africa, Email: gloriacolson1@yahoo.com

Received date: March 11, 2021; Accepted date: March 24, 2021; Published date: March 31, 2021

Citation: Colson G (2021) Cancer Diet: Pre, During and Post Treatment. J Clin Mol Pathol Vol.5 No.1: 3.

Copyright: © 2021 Colson G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

### Description

Cancer is considered as one of the leading causes of death in many parts of the world. Cancer weakens the immune system. A healthy diet generally enables the cancer patients to strengthen their body, which in result defenses and fights back the infections. A healthy diet will also hasten healing of the body tissues which may be damaged during the course of the disease and its treatment. Growing evidence points to certain dietary habits increasing or decreasing the cancer risk. Nutrition is plays a key role in treating and coping with the cancer. It is difficult to prove that certain foods causes cancer. According to the study repeatedly indicated that more consumption of certain foods may increase the likelihood of developing the cancer cells. Malignant growth survivors may regularly search for data and exhortation from their medical services suppliers about the food decisions, active work, and dietary enhancement used to improve their personal satisfaction and their drawn out endurance.

### Discussion

A cancer patient may need to change their diet to help to build up their strength and withstand the effects of cancer and its treatment. All the cancer treatments kill cancer cells. But in the process quite a few healthy cells also becomes damaged. The side effects are a result of some negative impact on the healthy cells and tissue. It is important to start focusing on the healthy foods even before the beginning of treatment. It is difficult to know how it will affect or what kind of side effects patients might have. During the treatment, cancer patients may have days when they feel hungry, and others when the food is the last thing that they need. On good days, eat lots of protein and with healthy calories which will keep the body strong and helps to repair damage from the treatment. Nutritional care during the treatment ensures, conserve or restores the nutritional status. It helps to minimize the food related discomfort associated with cancer and/or its treatment and improves strength, well-being and quality of life. Post treatment nutrition care is considered important as it is the healing stage. Most side effects disappear shortly after the cancer treatment. The patient may gradually be able to resume a normal healthy diet. If all side effects subside and a healthy body weight is maintained, they may start looking into an adopting a healthy eating habit

Get on to the foods that will ensure a balanced diet but a diet that is rich in the nutrients, with adequate servings of fruits, vegetables, dairy and some healthy fats to provide the necessary vitamins and minerals to the body.

### Conclusion

Malignant treatments particularly the chemotherapy can negatively affect the body, depleting the strength and the appetite. To help build back the immune system incorporate delicious and healthy whole foods, which are easy to digest, with their rainbow of some essential nutrients, vitamins, and minerals. It is important to eat foods that are rich in cancer-fighting antioxidant values and with lots of protein. Also include the foods that are rich in vitamin C, D, E, carotenoids, selenium, soy isoflavones, amino acids, folic acid, l-glutamine, flavanoids, calcium, and other nutrients. It's also important to make sure to drink lots of water and get enough calories in the diet. After surgery, or radiation to the abdomen, head or neck, they may need to adapt to a liquid diet and work the way towards a soft food diet before getting back to the regular foods diet. It may also require adapt to a lactose-free diet, and/or high protein diet during the chemotherapy and radiation treatments