

Nutrition and Colon Cancer

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Colon Cancer



- Colon Cancer is a abnormal growth of cells in our GI tract causing disruption in GI function
 - constipation from blockage, diarrhea, pain, bleeding, malnutrition etc.
- Cancer may arise in
 - small bowel affecting absorption and breakdown of food to nutrients
 - large bowel affecting water and electrolyte reabsorption
 - rectal blocking elimination.
- Surgery, chemotherapy and radiation therapy is used to treat.

Lifestyle Factors that contribute to Colon Cancer



- Drinking Alcohol
- Smoking
- Being significantly overweight
- Eating Processed meat
 - What is processed meat?
 - pepperoni Ham
 - Salami sausage
 - Hot dogs Lunch meat like bologna
 - Corned beef smoked meats
 - Bacon salted deli meats
- Eating Red meat and foods containing iron
- High intake of polyaromatic hydrocarbons and heterocyclic amines from grilled meats



- Alternatives to processed meats
 - Eat fish, seafood, fresh chicken, beef, pork cooked without significant added salt.
 - Beans, peas, and lentils for even healthier plant based protein
 - For sandwiches, Applegate Naturals Oven Roasted Turkey Breast-much lower in salt than other sliced turkey; or Hormel All Natural turkey (minimally processed)
 - Limit red meat and choose lean cuts like sirloin and extra lean ground beef

Lifestyle Choices to Prevent Colon Cancer



- Physical Activity-move, move, move
 - Doesn't matter the intensity or type of exercise, just be active throughout the day
- Eating Whole grains
 - Brown rice, quinoa, farro, whole wheat, oats, millet, barley, buckwheat,
- Eating foods containing Fiber-vegetables, fruit, whole grains, beans, lentils, peas, nuts and seeds

Lifestyle Choices to Prevent Colon Cancer



- Including low fat or fat free dairy products and foods high in calcium.
- High intake of fruit and other foods high in Vitamin C
- Eating fish especially fatty fish for omega-3 fats
- Maintain adequate Vitamin D (from food or supplements) blood levels



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

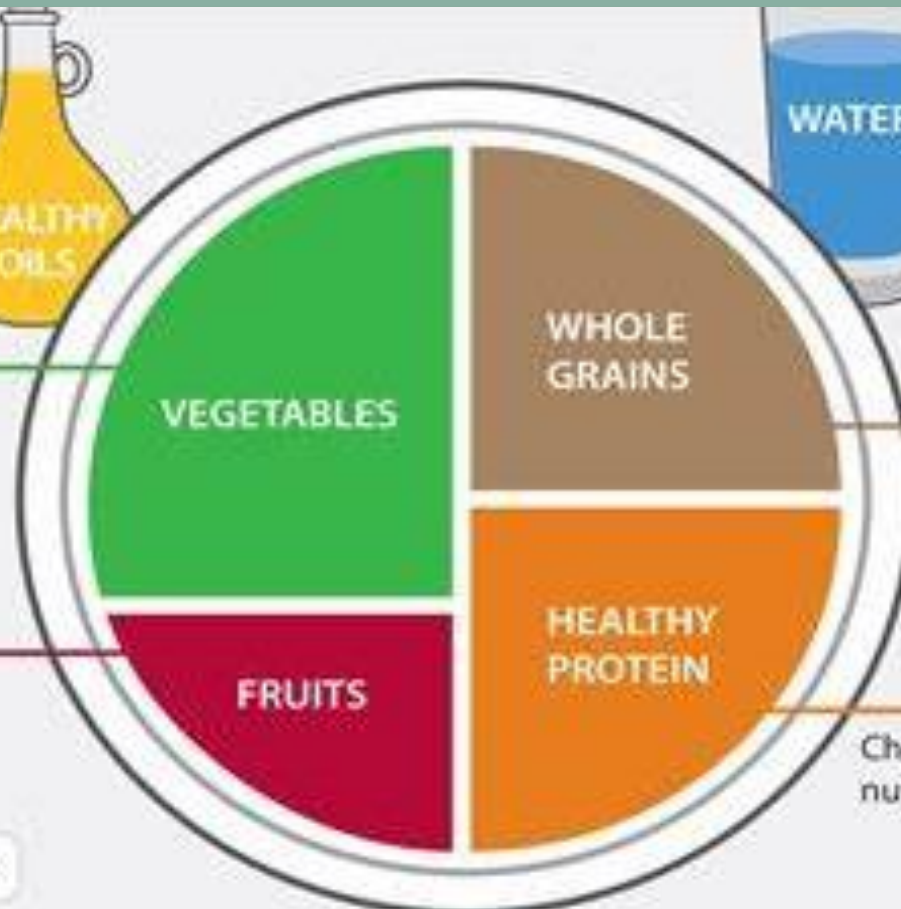


The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Nutrition Concerns from Treatment



- Surgery is the primary curative therapy for colon cancers
- Surgeons remove the affected areas and reattach healthy colon. Sometimes they are unable to reattach and place a colostomy either temporarily or permanent.
- Initially after surgery soft low residue diet is followed to ease healing some people may also need to restrict fat and lactose depending on symptoms; people eventually return to normal diet after about 6-8 weeks

Nutrition Concerns from Treatment



- In the case of small bowel resection
 - Take small frequent meals
 - Consider use of electrolyte drinks with excess losses from diarrhea or excess drainage
 - If ileum is removed long term replacement of B12 may be necessary.
- In large bowel resections monitor electrolytes and fluid intake, take low fiber diet and small, frequent meals.
- If you have a colostomy or ileostomy replace fluids lost and follow low fiber diet after 6-8 weeks gradually add more foods into diet.
- Work with a dietitian to address other nutrition concerns related to surgery

Nutrition Concerns from Treatment



- If person starts radiation or chemotherapy to treatment their cancer other symptoms may develop like
 - Diarrhea from chemo medication or radiation
 - Best to follow low residue low lactose diet but include sources of soluble fiber like oats, banana, applesauce, Metamucil as binding agents; limit raw veggies, raw fruit, nuts
 - Nausea/vomiting from chemo medications
 - Ginger is helpful and small, frequent meals
 - Fatigue from chemo or radiation
 - Eat well and often, take light exercise, drink 8-10 cups
 - Mucositis from chemo medications
 - Rinse mouth with baking soda/salt; avoid spicy or acidic foods which may irritate the mouth, take soft foods easy to chew and swallow



Summary

- Starting lifestyle of healthy eating and movement now can slow or stop the damage chemicals, toxins, preservatives, and accumulation of inflammation that occurs over decades leading to Colon Cancer.

Eat Well now to be Well Later

